

Ministry of Education, Heritage & Arts

Year 11 Careers Education

Setting Goals

You can do this activity in your careers book or any A4 paper and file it in your careers file. Feel free to share and discuss with your family members when doing this goal setting activity.

When we are faced with difficult times, as we are now with the effects of a worldwide pandemic, it is easy to get discouraged and lose hope. Hope is a vital component of human existence and it is needed to find happiness and peace during times that might otherwise lead us to be discouraged. Setting a goal can keep your thoughts focused, direct your energy, and inspire the hope that is needed to move through and beyond a moment of despair.

A formula for turning your dreams into reality is

GOALS + COMMITMENT = DREAMS COME TRUE

There is a need to set SMART goals. The SMART acronym outlines a strategy for reaching any objective. SMART goals are **S**pecific, **M**easurable, **A**chievable, **R**ealistic and anchored within a **T**ime Frame.

What goals are you considering setting?

Why do you want to reach these goals?

Are you choosing these goals because YOU want it or because it will make someone else happy? Are you happy with these set goals?

What benefits will you get out of reaching these goals?
