

**Ministry of Education, Heritage & Arts**

**Year 12 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.*

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. 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.

*A formula for turning your dreams into reality is*

**GOALS + COMMITMENT = DREAMS COME TRUE**

- a) List 4 long term goals that you want to attain in the next 5 years.
- b) List 4 goals that you want to achieve by the end of this year.
- c) List 4 goals that you want to achieve by the end of the 2<sup>nd</sup> school Term.
- d) List 4 goals that you want to achieve by the end of this month.
- e) List 4 goals that you want to achieve by the end of this week.
- f) List 4 goals that you want to achieve by end of today.

***Now review your daily, weekly, monthly and annual goals and whether they will lead to attaining your long terms goals.***

***Share your goals with your family and friends so that they can motivate and support you to strive towards attaining them.***