**Goal Setting Discussion**

**10 points**

**“Man is a goal-seeking animal.  His life only has meaning if he is reaching out and striving for his goals.” - Aristotle**

**Goal Setting** is a powerful process that helps you choose where you want to take yourself in life.  By knowing and setting your goals, you can decide where you need to focus your attention and effort.

**“The tragedy in life doesn’t lie in not reaching your goal.  The tragedy lies in having no goal to reach.” - Benjamin Mays**

At its heart, the act of goal setting is a deed of motivation.  The main purpose of setting goals is to increase motivation/determination and provide a measurable target that can be reached.  Begin today to establish SMART goals.

* S - Specific - target a specific area for improvement.  Don’t be vague or general
* M - Measurable - the goal must have numbers or indicators to measure progress
* A - Achievable - the goal should stretch you a little, but stay within your achievable skill or knowledge range
* R - Realistic - in order to achieve the goal it must be plausible.  Take baby steps if necessary.
* T - Timely - the goal must have a deadline or completion date. This helps to intensify focus and promote discipline.

With **Discipline** and **Consistency** SMART goals are within reach.

Goals for THIS Class:

1.

2.

3.

Personal Goals for the future:

|  |  |
| --- | --- |
| ACADEMIC GOALS: | PERSONAL GOALS: |
| This Week - |  |
| This Semester - |  |
| 2018-2019 School Year - |  |
| By May 2021 - |  |
| In My Lifetime - |  |