





reach
your
goals



what is a goal?

Something that you are trying to do or achieve.



why set goals



First, setting goals increases motivation. motivation as “those psychological processes that cause the arousal, direction, and persistence of voluntary actions that are goal directed.”

Second, setting goals increases achievement. Pupil goals can be especially important for students with low achievement motivation.



Short and Long Term Goals

Short Term Goal

Self regulation is one of the most critical skills for success. For instance, scholars may not weigh their abilities, resulting in either too easy or difficult goal which may discourage students if they cannot achieve the goal.

Examples

Middle School:

1. Join a club or activity
2. Make plans for the summer
3. Getting the proper rest needed for the body

High School:

1. Put academics First
2. Complete homework in a timely manner for all classes
3. Planning for college or military

Long Term Goals

Is something you want to do in the future that requires planning and thinking your strategy through?

Examples

Middle School:

1. Summer employment
2. Graduate from High School
3. Maintaining good grades, friendships, and good health

High School:

1. Getting a full-time job
2. Save Money
3. Purchase a home



Are you able to manage
your goals in all areas of
personal life?



Unrealistic Goals?

Goals are like a GPS in life. It gives direction and helps you choose where to go in life. It makes you vision about your ideal future and to turn it into reality?

When you have achieved the goal, you improve your life and become a better version of yourself?



Realistic Goals?

We should have a practical approach to our problem.

a down to earth approach is beneficial.

Is our target sound in the grand order of things?

Is our goal representative of what we really want and the direction in which our life is going?

WHAT MAKES GOALS

Realistic



TIME

Goals help us to sort out what is important and what isn't. You will only focus on the things that you want to achieve and spend precious time on.





PRIORITIES

Goals help you identify and establish your priorities and make the right choices based on the long-term view of what is most important to you.



ENTHUSIASTIC

When you set a goal and measure the achievement, you are able to see what you have done and what you are capable of. This process of achieving goals gives you the confidence and a belief in yourself. Any you become enthusiastic too.



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**set
smart
goals**



G

GATHER

information to help you achieve your goal.

O

OBSERVE

the steps you take to achieve your goal.

A

ADJUST

your action steps if you are not able to reach your goal.

L

LEARN

from your success and mishaps to create new goals.

S

SUCCEED

occurs when you have met your goal.



thank you!

reach your goal presentation
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