Setting Goals

Listed below are guidelines for setting goals that will help you achieve independence.

Answer the questions and try setting some reasonable goals for yourself. Goals are easier to

accomplish when they are clear, specific, and broken down into steps you can manage and

measure.

How to Set Goals

1. Understand Yourself

 What do you do well?

 What do you enjoy doing?

 What are the most important things in your life?

2. Make Clear, Specific Goals

 A goal should tell you exactly what you want and should be measurable. For example, “I want to

 score ten goals in soccer this season” is both clear and specific.

3. Goals Should Be Positive

 Say “I want to lose 5 pounds before the prom” rather than “I will never fit into my dress.”

4. Set Time Limits

 Give yourself a reasonable deadline in which to accomplish your goal.

5. Break Your Long Term Goals Down Into Smaller Parts

 If your ultimate goal is to be a professional basketball player, a realistic, specific short-term

 goal would be to make the varsity basketball team this year.

6. Write Your Goals Down

 Keeping your written goals where you can see them will help keep you focused on achieving

 them.

7. Check Your Progress

 Evaluate your progress towards your goals. Are you doing what needs to be done to meet

 your goals? If not, what can you do to get back on target?

Now, It’s Your Turn

Write three clear, specific, manageable goals for this

coming week:

1.

2.

3.