

SETTING GOALS!

Mapping out YOUR Year with the RARE AmeriCorps Program





BUT FIRST... LETS SET SOME GOALS

- Why Set Goals?
 - Clarity on End Vision
 - Drive
 - Focus
 - Accountable
 - Be the Best YOU Can be.



SETTING S.M.A.R.T GOALS

Specific

Measurable

Ambitious and Achievable

Realistic

Timely



SPECIFIC

The Goal should be SPECIFIC enough so that we know exactly for what we are striving.

- Who: Who is involved?
- What: What do I want to accomplish?
- Where: Identify a location.
- When: Establish a time frame.
- Which: Identify requirements/constraints.
- Why: Specific reasons, purpose or benefits of accomplishing the goal.



MEASURABLE

A goal must be MEASURABLE in order to achieve success.

- Think concrete criteria for measuring progress.
 - How Much
 - How Many
 - Factors that allow you to know when your goal is met... Others?

When you measure your progress, you stay on track, reach your target dates, and experience the exhilaration of achievement that spurs you on to continued effort required to reach your goal.



AMBITIOUS AND ACHIEVABLE

Think BIG! But also make sure the goal you set is achievable.

- Be real with yourself and keep your goal in reach.



REASONABLE

A goal must be REASONABLE. Challenging yourself is an important part of goal setting. You want to aim high; however, you also need to be realistic.

- The goal must be an objective toward which you are both willing and able to work.
- Again, it must be “do-able”
- Must truly believe it can be accomplished



TIMELY

Goals must have a specific timeline that is appropriate to the goal.

- Often better to have a shorter timeline
- Keep your timeline realistic
- Make it public



GOAL SETTING TIME!



KEEPING GOALS ACTIVE

Now that you have set some goals... how do we keep them active?

- Daily/Weekly Check-Ins
- Use a Tool
- Break it Down. Benchmarks!
- **Share Goals!**

