



Goal Setting: Dream It. Plan It. Be It.

Goal setting has benefits and can help you track your achievements. Imagine if you did not set any type of goals – how would you measure your success? How would you know when you have reached a huge milestone?

Sometimes a person may informally identify a goal—you think to yourself, “I want to lose 10 pounds by Spring Break.” And you don’t necessarily have to write that down to know whether or not you’ve accomplished it. But some goals are more a little more difficult to describe, or even to know what steps have to be taken to reach it. It helps to write these kinds of goals down and really think them through.

Goals can have different **time frames**—you can have a goal to do well on a test next week, a goal to graduate in the top 10 % of your Senior class (next year), and a goal to become a nurse (2-4 years, depending on the path you choose).



Here are some tips to help as you prepare to set your goals. Everyone has their own way of doing this so feel free to adapt your goal setting guide to best suit you and your needs. Some people like to set goals weekly, monthly, or even yearly—and to review the goals every once in a while to see how you’ve progressed, or if you need to change the goal.

Getting Started

 Figure out what it is you want to accomplish in detail. For example, “I want to pass next week’s math test with an A.”

 Write down the steps needed to complete each goal. For example, if you want an A in math you will need to complete your homework every day, double check your calculations, ask your teacher questions if you do not understand a lesson, etc.

 You can have different **types** of goals: personal goals, academic goals, career goals, etc.

 Write down **why** each goal is important. At times you may get frustrated as you are working to meet the goal so it is helpful to have a reminder why each goal is important to you.

 **Check** off your goals as you go. That way, you can see how much you have completed and what you still have left to do. This can help keep you motivated to reach your end goal. 

 Share your goals with others. It is great that you are aware of your goals, but it always helps to have others in your corner cheering you on.

 Ask others about how to achieve your goals. Sometimes you may know what the goal is, but you may not know all the steps you need to take to get there. Parents, advisors, teachers, mentors—or even someone that has completed the goal you are working on—are people to ask for guidance.

I am about to be a freshman in college....

Sample Goal:

What is my goal?

Get into nursing school

What type of goal is it?

Academic

What is my timeframe for completing my goal?

Within two years

How will I accomplish my goal?

-Talk to my college academic advisor to set up class schedules

-Get good grades in courses, particularly science and math classes

-Join the pre-health professions student organization for mentoring and community service opportunities

-Find opportunities to job shadow with a nurse

-Decide which education path I want to take: LYN, Associate Degree RN, or Bachelor Degree RN

-Find out the admission requirements for the nursing training programs at the colleges I am interested in

Who have I told about my goal?

mom, Aunt Delores (possibly can shadow her at the hospital).

Who can assist me with completing my goal?

Aunt Delores, Nancy Smith (career advisor)

Remember:

- Set goals that are reachable. If you have a BIG goal, it might be easier to break it down into a few smaller goals so that you stay motivated.
- Put a timeframe on your goal. When do you want to have achieved it?
- Make your goal measurable. How do you know when you have reached it?
- Check off your goals and the steps to your goals as you reach them. It shows your **PROGRESS!!**
- Don't try to reach your goals all by yourself. There are lots of people around you who can help you achieve your goals.
- Celebrate your accomplishments!

FINISH LINE!

WAY TO GO!

YOU DID IT!

Congratulations!

The cool thing about reaching a goal, is that there are always new goals to pursue.