

WHAT IS A GOAL?

Almost anything that you desire or want can be a goal!
Goals help to guide your decisions and give you something to work toward.

Goals help you to do your *best!*

What are *long-term* goals?

- Long-term goals may be achieved in a period of time from a semester to a year or longer. E.g. Getting an 80 in English this year, being accepted into university, becoming a pilot...
- Long-term goals are achieved with the use of short-term goals!

What are *short-term* goals?

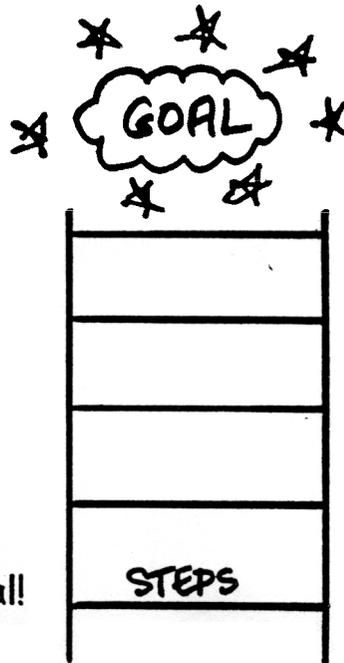
- Short-term goals can be achieved in a few days or weeks. E.g. Complete English homework every day for this week, going to Air Show to learn more about flying
- Completing short-term goals helps you work toward achieving long-term goals!

Goal-Setting is like a LADDER...

At the top of the ladder is your long-term goal

Each step on the ladder is a short-term goal

Each step up the ladder gets you closer to your long-term goal!



GOAL SETTING

What is Goal Setting?

1. **A process to help you improve yourself and feel good about yourself.**
2. **A method of motivating people to work toward the improvement of their lifestyle.**

Two Types of Goals

Short-term goals – **Can be achieved in a few days or weeks.**

Long-term goals – **May be achieved in a period of time from a semester to a year. Long-term goals may also be set for a much longer period of time.**

To be effective, goals must be **S M A R T!**

SPECIFIC: Is it clear?

- You need to clarify exactly what it is that you want to accomplish or be able to do.
- Circle the **specific** goal: I want to be strong.
I want to increase my muscular strength through weight training.

MEASURABLE: How will you know when you've achieved it?

- Goals need to be set in small steps so that you can see when things happen.
- You need to know where you are starting from so that you can recognize progress.
- Circle the **measurable** goal: I want to be fit.
I want to complete the 12-minute run without walking.

ATTAINABLE: Is it possible?

- A goal must be within your abilities and power to accomplish.
- A goal should be something you have chosen for yourself, not something dictated by others.
- Circle the **attainable** goal: I want to reduce my body fat percentage.
I want people to think that I look athletic.

REALISTIC: Is it probable or likely that you can achieve it?

- A realistic goal is one that can be reached.
- Goals should not be too easy or you will lose interest in them. If they are too hard, you may become discouraged and give up.
- Circle the **realistic** goal: I want to bench press my body weight.
I want to bench press 300 pounds.

TIMEFRAMED: What are the timelines?

- You need to have a timeline in which to try to achieve your goal
- A timeframe or "due date" helps you to organize your journey towards the goal.
- A timeframe also helps you to stay committed to your goal.
- Circle the **timeframed** goal: I want to be able to do 20 continuous push-ups by the end of the semester.
Someday, I want to be able to do some pushups.

**SMART FORMULA
GOAL SETTING**

| | | |
|----------|--------------------|--|
| S | Specific | <input type="checkbox"/> Is it clear <input type="checkbox"/> Clarify exactly what you want to accomplish or be able to do <input type="checkbox"/> Identify the exact target |
| M | Measurable | <input type="checkbox"/> How will you know when you get there <input type="checkbox"/> Goals need to be progressive or made in a series of small steps so that you know whether there has been change <input type="checkbox"/> Have a starting point |
| A | Attainable | <input type="checkbox"/> Is it possible? <input type="checkbox"/> Must be a goal that can be accomplished and is within your abilities and control <input type="checkbox"/> Must be personally owned and not imposed by others |
| R | Realistic | <input type="checkbox"/> Is it probable or likely? <input type="checkbox"/> Must not be too easy or difficult or you could be discouraged and give up |
| T | Time Framed | <input type="checkbox"/> What are the timelines? <input type="checkbox"/> This will help to promote commitment to the goal and helps you pace your efforts |

CROSS TRAINING ACTION PLAN

1. Long Term Goals

Muscular

Cardiovascular
(Aerobic or Anaerobic)
12 min run 40 yd. dash

2. Are my goals SMART? Refer to “SMART Formula Goal Setting”)

Specific-

Measurable

Attainable

Realistic

Timeframe for Completion

3. After SMART formula review, should I modify my goal? If so how?