

The background of the slide is a light gray gradient with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance. The word "GOAL" is centered at the top in a large, bold, black, sans-serif font.

GOAL

SOMETHING YOU AIM FOR THAT TAKES
PLANNING AND WORK

WHAT ARE YOU PURSUING?

THREE TYPES OF GOALS

SHORT-TERM GOAL-LESS THAN 6 MONTHS

MID-TERM GOAL-ONE TO TWO YEARS

LONG-TERM GOAL-THREE TO FIVE YEARS

SMART GOALS

S – SPECIFIC – (WHAT ARE YOU GOING TO DO? WHEN?)

M – MEASURABLE (HOW WILL YOU KNOW IF YOU ARE GETTING THERE)

A – ACTION-ORIENTED (WHAT DO YOU NEED TO DO TO GET THERE)

R – REALISTIC (IT SHOULD BE SOMETHING YOU BELIEVE YOU CAN ACCOMPLISH)

T – TIMELY (THERE SHOULD BE A DEADLINE)

GOAL SETTING ACTION PLAN

1. SELECT A GOAL TO WORK ON
2. LIST WHAT YOU WILL DO TO REACH YOUR GOAL
3. IDENTIFY SOURCES OF HELP & SUPPORT
4. SET A REASONABLE TIME FRAME FOR REACHING YOUR GOAL
5. ESTABLISH CHECKPOINTS TO EVALUATE YOUR PROGRESS
6. REWARD YOURSELF AFTER REACHING YOUR GOAL