

Goal Setting: Strategies to Set Yourself Up for Success

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1. Have you thought about what you want to be doing in 2-5 years?
2. Are you clear about what your main objective in school is at the moment?
3. Is your student organization on track to be successful this year?
4. Do you know what you want to have achieved by the end of TODAY?

POWER OF GOAL SETTING...

Learning Outcomes for this Session

Workshop participants will:

1. Understand the importance of goal setting
2. Learn 5 strategies for effective goal setting
3. Have the opportunity to write at least one personal goal and one goal focused towards a student organization in which they are involved. Participants will have the opportunity to get feedback on their goals and revise them to make them more effective.

First, Some Questions...

1. Do you regularly set personal goals for yourself?
2. Do you have written personal goals for this semester?
3. Does your student organization currently have written goals for this academic year?



Why Goal Setting?

- Goal Setting provides focus and direction
- Provides a benchmark for whether you are making progress or succeeding
- A process that starts with careful consideration of what you want to achieve
- Ends with a lot of hard work to do it
- In between, well-defined steps







Goal Setting and Success

There was a famous study conducted on students enrolled in the Harvard MBA program in 1979. Those students were asked, *"Have you set clear, written goals for your future and made plans to accomplish them?"*

- **3%** of the graduates had **written goals and plans**
- **13%** had goals but the goals were **not in writing**
- **84%** had **no specific goals at all.**

10 Years Later...

Ten years later, these graduated MBA students were interviewed again. Here are the results:

- The 13% of the class **who had goals** had an **average earnings nearly twice as much** as the 84% who had no goals at all.
- And what about the 3% who had **clear, written goals**? Get this! **They were earning, on average, ten times as much** as the other 97% in their class put together.



Goals Aligned with your Vision

Having a million \$\$ in the bank is only proof of success if one of your goals is to amass riches



If your goal is to practice acts of charity, then keeping the \$\$ for yourself is suddenly contrary to how you would define success



Areas for Goal-Setting



Research shows goal-setting results in gains in these areas:

- Abundance and Prosperity
- Achievement
- Well-being and Life Satisfaction
- Self-confidence
- Motivation
- Hope and Optimism

Today in this Session...

- One personal goal
- One student organization goal
- Practice
- Get Feedback
- But first, more information on writing goals...



Typical Goal Process



5 Strategies for Goal-Setting

1. Set Goals that Motivate You

They need to be important to you and there needs to be value in achieving them.



Tip: To make sure your goal is motivating, write down **why** it's valuable and important to you.

2. Set SMART GOALS

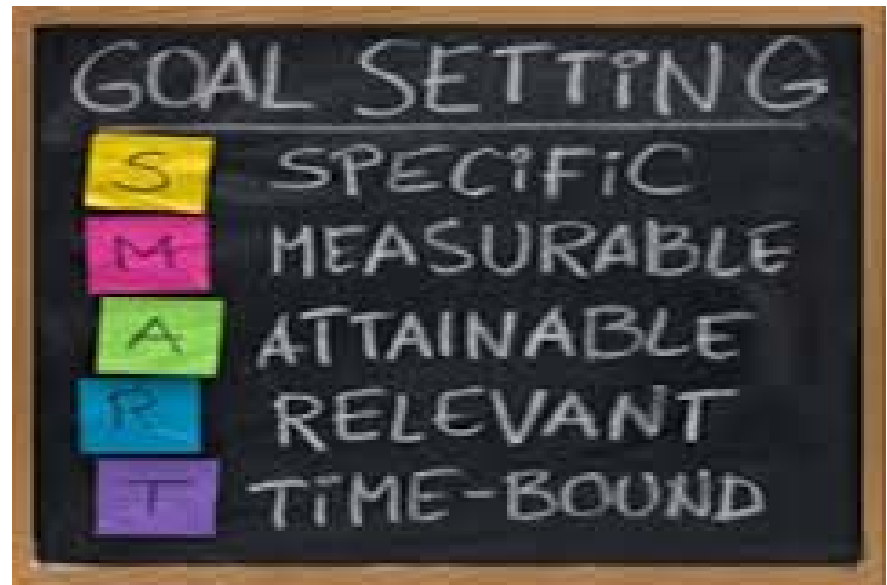
SPECIFIC

MEASURABLE

ATTAINABLE

RELEVANT OR REALISTIC

TIMELY – TIME-BOUND



3. Set Goals in Writing

- Makes it real and tangible
- Use the word “will” instead of “might”

Goals



1. _____
2. _____
3. _____

Tip: Frame the goal positively. What you will do in the positive instead of what you are eliminating.

Tip: Make them visible – on your walls, desk, fridge, mirror...

4. Make an Action Plan

Plan all the steps that are needed along the way. Chunk it down! Small benchmarks to show progress. Cross them off as you go!

Milestones, key steps, main efforts – generally 3-6 action plans for each goal...



5. Stick With It!

Build in reminders to stay on track, review your goals regularly (daily, weekly, monthly).



A few more thoughts...

- A goal cannot contradict any of your other goals
- Make sure your goal is high enough (inspiring)
- Ask for feedback



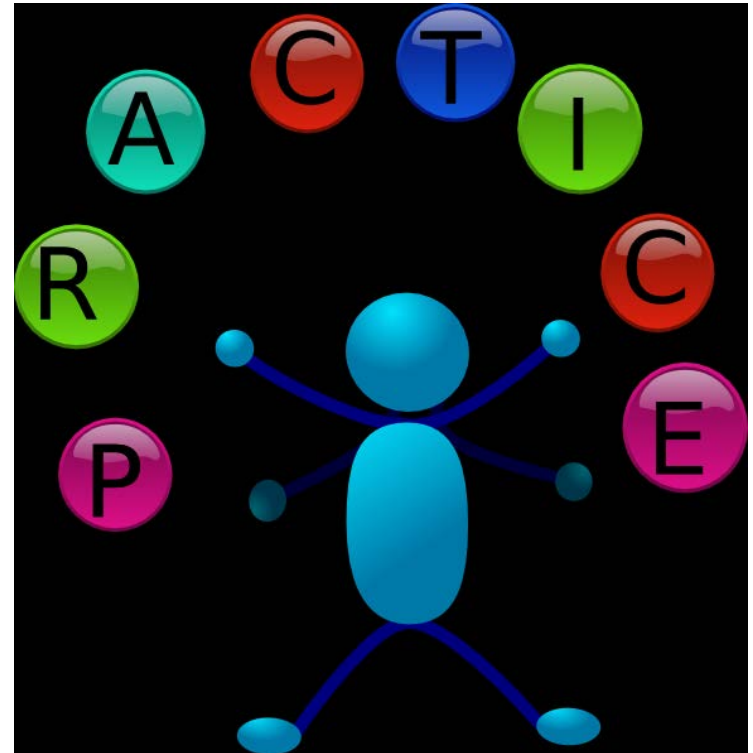
Mistakes...



Practice Field I

One personal goal –

- ✓ Follow the 5 strategies and write it out
- ✓ Now meet with one other person and get feedback on your goal and action plan



5 Strategies for Practice:

1. Set goals that motivate you
2. Set SMART Goals
3. Set goals in writing
4. Make an action plan
5. Stick with it



Practice Field II

One student organization goal

- ✓ Follow the 5 strategies and write it out
- ✓ Now meet with one other person and get feedback on your goal and action plan



Just for the Record...





MOTIVATION?

IT'S RIGHT INSIDE YOU!!

THANK YOU!!