

August 2009 Connection Newsletter

Goal Setting Is For Everyone

Goal setting is a fundamental building block everyone needs to be successful at whatever they want to accomplish in life. Goals help us define what is important and teaches us how to set priorities. Goals give us a clear starting point, and when completed, can either be a finishing point or the starting point for the next endeavor.

The process of goal setting includes learning how to develop a plan, how to measure your progress, how to stay positive and focused, how to overcome roadblocks and the importance of taking action. Goal setting is a character education function that helps us set our priorities and gives us a path for future success.

The act of goal setting is a process that begins with clearly defining what is important to you. Goal setting is not a stagnant event. It is much more than S.M.A.R.T goals or simply writing a few ideas down on paper. The process of goal setting includes measuring your own progress, learning how to stay positive and focused, and how to overcome roadblocks. Goal setting gives you a look into the future and gives you an opportunity to learn from your accomplishments and missed opportunities. You can set goals that are either long-term or short-term in length.

I Have Big Dreams—How Will Goal Setting Help Me?

Goal setting will show you how to take action on your dreams. With goal setting you will learn about yourself. What do you like, what is important and what areas do you need to work on to improve yourself. Goal setting will teach you how to take responsibility for your efforts or lack thereof. It will show you how to take a large seeming impossible task and break it down into very doable parts. It will also show you the importance of taking action on your dreams.

Goal setting is your compass. If you go on a trip you need a map. If you are cooking the holiday meal for the first time, you will need a recipe. Goal setting is the same thing. It is the roadmap to your future success. You would be lost without a map or a recipe. The same can be said for life without learning the importance of goal setting.

Goal setting will teach you how to stay motivated and determined even when the going gets tough. There are no free rides in life. Each of us will encounter some rough spots in our life journey. Goal setting will show you how to make the best of a bad situation, how to turn a negative into a positive learning experience and how to get back on track. Goal setting will help you when you are stuck with a sudden case of fear.

Will I Always Accomplish My Goals?

No. But, if you view those life lessons correctly, the missed opportunities can be excellent learning experiences. Did you set the goal too high? Did you run out of time? Did your goal count on something happening that did not? This is not the time to get discouraged and stop setting goals. It is a marvelous time to learn and grow.

Goal setting is hard work. If you miss your goal, re-evaluate your goal setting plan and make adjustments and try again. Don't give up!

If your goal setting plan is successful, reward yourself for a job well done! Build on your goal setting successes. Look for your next adventure!

Reference to:

www.teachingmoments.com

The Goal Setting Framework

My Goal is to...

The steps I need to do to achieve my goal are...

Barriers that I must overcome, change, or go around are...

Here is my plan to achieving my goal (step by step)...

I will know that I have met my goal when...

My deadline for achieving my goal is...

Are You A “Yes” Person?

The word **YES** speaks volumes about the type of person you want to be. It tells people that you are willing to make a commitment and be held accountable.

“**Yes**”, says you will take responsibility for yourself and others. Many of us say “No”, much more easily. This negative word allows us to remain in our comfort zone, but it also stops us from reaching our full potential.

“YES” people.....

- ...are solution oriented
- ...minimize excuses
- ...have a sense of urgency
- ...do more than is expected
- ...are results oriented
- ...are determined
- ...understand good decisions lead to good results
- ...are courageous
- ...know the rewards of a job well done
- ...are committed
- ...are open to change
- ...know how to set and achieve goals
- ...have desire
- ...have self-respect
- ...are disciplined
- ...help others
- ...are problem solvers
- ...are dependable
- ...are accountable for their actions
- ...take responsibility

Reference to: www.teachingmoments.com