

# Goal Setting

Setting goals will do four things: give clarity to your end vision, drive you forward, keep you focused and make you accountable. At Inspire-Connect we place much importance on setting goals, in fact, it is the foundation of each program. We use the SMART method, see below:

**Specific** - the goal has a clear objective. What, exactly, do you want to achieve?

**Measurable** - there is a way to quantify progress. How will you know you have achieved it?

**Attainable** - the goal is achievable by yourself and doesn't depend on others. On a ten point scale, what is your realistic desire X what is the realistic possibility of achieving it?

\_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_ / 100 = \_\_\_\_\_ %

**Relevant** - the goal is important to you. Why do you want to do this?

**Time** - the goal can be achieved in a set period of time. When will you achieve this?

**Example 1:** I want to be financially independent (**relevant**) and I will achieve this by becoming trained as an administrative assistant (**specific**) within one year (**time**) so that I am more employable in the future. During this mentoring partnership, I (**attainable**) will work on all the steps (**measurable**) necessary to complete the application process as required by the educational organization I have selected.

**Example 2:** I want to be physically healthy (**relevant**) and I (**attainable**) will achieve this doing three physical activities each week (**measurable, specific**) by getting up 30 minutes earlier for a commitment of 3 months (**time**).

## What are your goals?