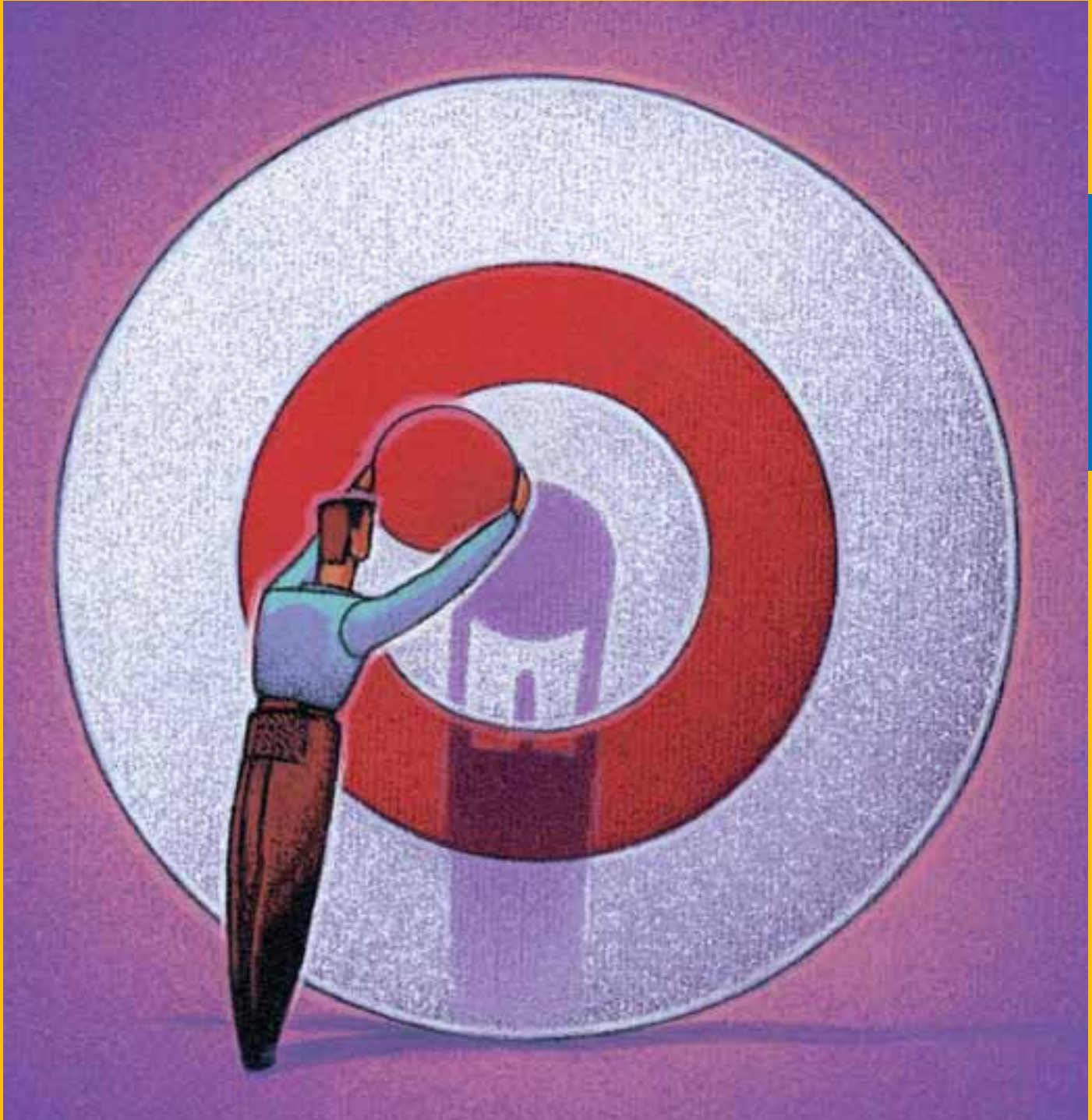
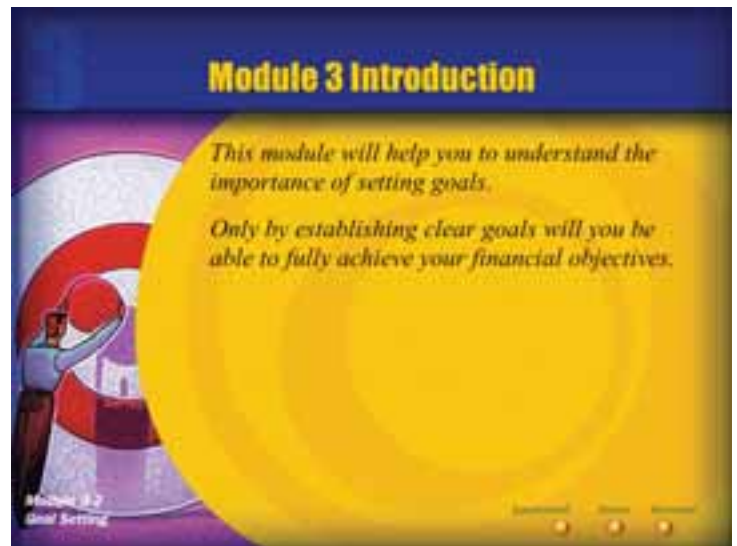
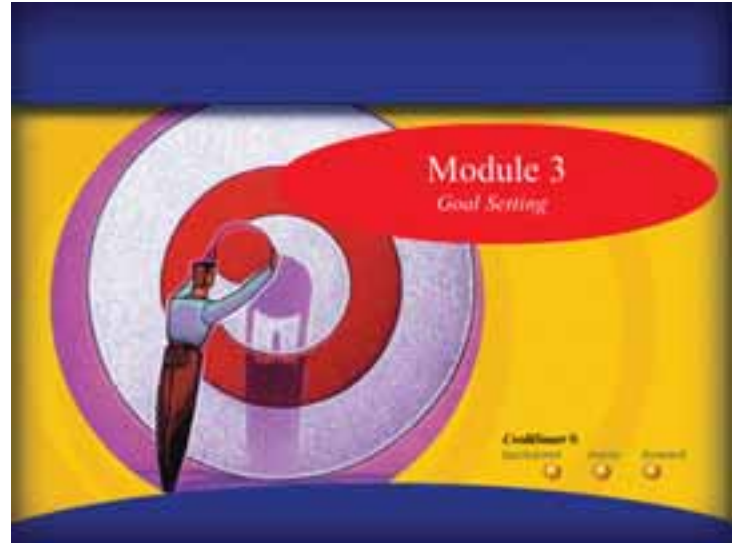


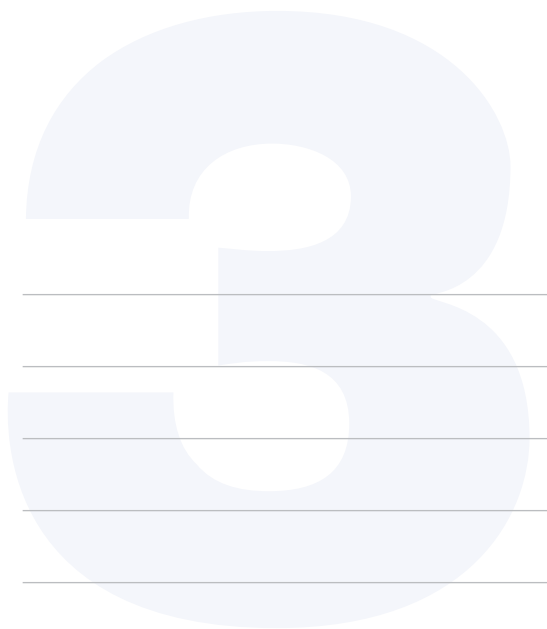
Module 3
Goal Setting



► **Presentation Slides**

Module
3





Tips on Setting Goals

- Express goals as positive statements.
- Be specific—set time frames or a target date.
- Write down your goals.
- Distinguish between short-, medium- and long-term goals.
- Establish priorities.
- Set goals that are realistic and attainable.

Michael, J. B. Goal Setting

Short-, Medium- and Long-Term Goals

- Short-term: within 1 year
- Medium-term: between 1-5 years
- Long-term: over 5 years

Achieving goals gives one a sense of confidence and accomplishment.

Michael, J. B. Goal Setting

To Begin:

1. Make a list of the goals that are important to you.
2. Decide which goals are most important, and based upon your values, assign each goal a priority.
3. Examine if your goals and assigned priorities reflect what is important to you and your household.

Michael, J. B. Goal Setting

► **Tips for Setting Goals**

- **Express goals as positive statements.**
- **Be specific, set time frames, or a target date.**
- **Write your goals down.**
- **Distinguish between short-, medium-, and long-term goals.**
- **Establish priorities.**
- **Set goals that are realistic and attainable.**

Using the tips listed above, take a few minutes to fill out the *Goal Setting Worksheet* on the following page.

To Begin:

- Use the following *Goal Setting Worksheet* to make a list of the goals that are important to you.
- Decide which goals are most important, and based upon your values, assign each goal a priority.
- Examine if your goals and assigned priorities reflect what is important to you and your household.
- Think about time frames or target dates and assign each goal an achievement date.



*Most of all, be realistic!
Don't set yourself up for failure.
And remember, you are not a bad person for not
reaching some of your goals. Be flexible.*

Always be prepared to re-examine your goals. Your goals and priorities will change over time.

Always try to take the time to ask yourself if you are “on track” with your stated goals. If not, refocus, adjust goals if necessary, and start again.

► **Goal Setting Worksheet**

Express your goals as positive, specific, and realistic statements. Place your most important goals at the top of your list.

Short-Term Goals (1 Year or Less)	Time Frame for Completion
1)	
2)	
3)	
4)	
5)	
Medium-Term Goals (1–5 Years)	Time Frame for Completion
1)	
2)	
3)	
4)	
5)	
Long-Term Goals (5 Years or More)	Time Frame for Completion
1)	
2)	
3)	
4)	
5)	

3