Feeling unmotivated or lacking direction?

Goal Setting

A Goal...
- Is something you would like to achieve
- Provides direction with the intent of improving performance
- Clarify and communicate what you are striving for

Goals Should be SMART

Specific – You must be able to describe/envision it.

Measurable – are you able to demonstrate how you met the goal?

Achievable – is your goal within reach?

Relevant – how does your goal align to your objectives?

Timely – The goal must be set within a timeframe, and be aligned with specific deadlines.

The Goal Setting Process

- Have a plan and a way to get there. What is your goal? What specific things are you going to do to reach it? By when?
- Have a way to check your progress. How will you know if your goal is working? When will you check in with yourself?
- Have a way to hold yourself accountable. What will happen if you don’t do what you promised yourself you’d do? What will you change?
- Have a way to adapt to change. What will you do to adjust to change or when things don’t go as planned?
- Have rewards built in along the way. Don’t forget to reward yourself for reaching mini-goals along the way to reaching your big goals!

For more information:
www.nmu.edu/organizations
http://ttu.orgsync.com/RR_Goal_Setting