

BLM 4.7 Clarifying My Goals

Examine goals that you have in each area of your life for the next few years.

List goals under each heading.

In column 1, place an asterisk (*) beside any goal that others have chosen for you.

In column 2, place a dollar sign (\$) beside any goal which involves more money than you have.

In column 3, place a check (✓) if you need someone else to achieve this goal.

In column 4, place a box (■) beside any goal that has a high priority for you.

My Educational Goals

	1	2	3	4
• _____				
• _____				
• _____				

My Family Goals

• _____				
• _____				
• _____				

My Friendship Goals

• _____				
• _____				
• _____				

My Career Goals

• _____				
• _____				
• _____				

Name: _____

Date: _____

BLM 4.11 Goal-Setting Case Studies

For each of the brief case studies below, decide the following:

Is the goal SMART?

What are the possible obstacles to achieving the goal?

How could the obstacles be overcome?

1. Kumar has a Geography project due at the end of the month. He would like to finish it this week.
2. Laura is learning how to play the guitar. She wants to be ready to play in a band in the talent show next month.
3. Jennifer wants to be named “Employee of the Month” at her part-time job in a fast food restaurant. She is determined to win this honour within three months.
4. Nathan wants to buy a car as soon as he gets his driver’s licence. He will also have to pay insurance, of course. He has two years to save \$1200.
5. Jamela has gained 5 kg over the summer. She felt that she was already 5 kg overweight. She has decided to lose 10 kg.
6. Jason has a habit of losing his temper at home and at school. He has decided to learn to “keep his cool.”

Draw up a plan of action to show how one of the goals could be achieved.

1. Make the goal SMART.
2. Divide the goal into short-term goals as steps to achieving the long-term goal.
3. Review the possible obstacles and how they could be overcome.
4. Include the time needed for each step.

Name: _____

Date: _____

BLM 4.12 Plan of Action for Achieving My Goal

Identify a **SMART** goal for yourself.

Develop a plan to show how you could achieve your goal.

- a) Divide your long-term goal into shorter goals and list them in order.
- b) Suggest how long each short-term goal will take to achieve.
- c) Identify possible obstacles you might face at each step.
- d) Suggest possible strategies for overcoming each obstacle.
- e) Use your agenda to plan when you will act on each step.

Example:

Goal	Short-Term Goals	Time	Obstacles	Strategies

To turn a *dream* into a *goal* you have to have a *plan*.