

GOAL SETTING

MAXIMIZING YOUR OPPORTUNITIES



WHY IS GOAL SETTING IMPORTANT?

LATHAM (2004)

Setting goals has been shown to increase employee motivation and organizational commitment.

SCHUNK (1985)

Participation in goal setting encourages a search for new strategies to aid success.

VINCENT, ET AL. (2004)

The capacity to plan positively impacts our perceived control over goal outcomes and our future.



What is Goal Setting?

Goal Setting involves the development of an action plan designed to motivate and guide a person or group towards a goal.

Would you set out on a journey without a destination in mind? Probably not!

Many people feel adrift in this world. They work hard but they don't seem to get anywhere worthwhile.

A key reason they feel this way is that they haven't spent enough time thinking about what they want from life and haven't set goals for themselves.



THE 5 GOLDEN RULES OF GOAL SETTING

1. Set goals that motivate you
2. Set SMART goals (Specific, Measurable, Attainable, Relevant & Time bound)
3. Put your goals in writing
4. Make an Action Plan
5. Stick with it!

“A goal without a timeline is merely a dream”

INTERESTING FACTS ABOUT GOAL SETTING

- Setting goals and reflecting upon them improves academic success.
- Goals are good for motivation. Most definitions of motivation incorporate goals and goal setting as an essential factor.
- An optimistic approach to goal setting can aid success.
- Goals that are both specific and difficult lead to overall improved performance.
- People with high efficacy are more likely to set challenging goals and commit to them.
- Goal setting is a more powerful motivator than monetary incentives alone.

“You should set goals beyond your reach so you'll always have something to live for”