

GOAL SETTING

Lunch-N-Learn

January 8,
2014

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POPULAR NEW YEAR'S RESOLUTIONS

- Lose Weight
- Volunteer to Help Others
- Quit Smoking
- Get a Better Education
- Get a Better Job
- Save Money
- Eat Healthy Food
- Manage Stress
- Manage Debt
- Take a Trip
- Reduce, Reuse, and Recycle
- Drink Less Alcohol
- Get Fit

Goal Setting

REACH ONE!

benefits

decision & making

reflection

career

self-growth

business

relationship

contribution

purpose

life

health

finance

personal & benefits

exciting

ready

realistic

moments



S	Your goals should be SPECIFIC . Include dates, resources, and dollar amounts you'll need to accomplish them.
M	They should be MEASURABLE by the date, dollar, or other appropriate unit. They should also be MUTUAL . (A legal or financial goal that you share with a spouse, partner, or family members will be easier to achieve.) And, it's best to define strategies for staying MOTIVATED towards your goals.
A	Your goals should be ATTAINABLE for your situation. You might even be able to complete part of your goal right now.
R	If your goals are REALISTIC and RELEVANT to your life, they'll be easier to achieve. Identify the RESOURCES you'll need to reach them, and REVIEW and REVISE them when necessary.
T	You'll need a specific TIMELINE to accomplish your goals. Since there's never enough time to complete all of your goals immediately, you'll need to prioritize them.

MISTAKES IN SETTING GOALS

too
BIG

too
MANY

not
SPECIFIC

not
WRITTEN

HOW TO CREATE A REACHABLE GOAL

- First, what do you want?
 - How, do you plan on reaching your goal?
 - Is your goal something you can measure?
 - Is this goal attainable and realistic goal?
 - How many time will it take?
- Second, write out your plan.
- Third, evaluate your plan after you started towards your goal.
 - Make adjustments if needed to your plan.
- Fourth, reach your goal.
- Finally, create a new goal.

EXAMPLE GOALS

- I would like to lose weight.
- This year I would like to save more money.
- I would like to lose 10 lbs of fat by Spring Break.
- This year I will set up my checking account to transfers at \$10 into my saving account every pay check

THANK YOU

Any
Questions?