

# Goal Setting Information

- The activities within this resource can be used with children and adults.
- Be selective and choose the activity pages that are best suited for your needs.
- It is helpful to begin by brainstorming what goals are and share strategies for setting and achieving goals.
- Discuss the importance of this statement: *Having and working toward achieving your goals is taking control of your life.*
- Identifying the barriers and obstacles to achieving goals is an important exercise.
- One of the common barriers to achieving a goal is procrastination, discuss what this means and how it can be avoided among individuals.
- Discuss the importance of being optimistic and motivated to realize goals.
- Discuss how goals can help you get the best out of life and reach your potential.
- Use the surveys provided prior to setting goals.
- Discuss dreams and visions as starter for setting goals.
- Discuss the difference between realistic and unrealistic goals. Brainstorm examples of both.
- Discuss the importance of moving from 'talk' to 'doing' as all goals require actions.
- SMART goals is only one strategy for setting goals, there are activities that use the SMART goals in this resources and ones that don't. (*Specific, Measurable, Attainable, Realistic and Time Sensitive/Timely*)
- Setting goals is the first step, adding actions toward achieving goals is essential. Many individuals use action plans to support their goals.
- Many goals need to be broken down into smaller manageable steps.