

GOAL SETTING

It is important to break down goals into achievable steps. It allows kids to look at where they are now, where they want to go and to plan how to get there.

ASK YOURSELF THESE QUESTIONS:

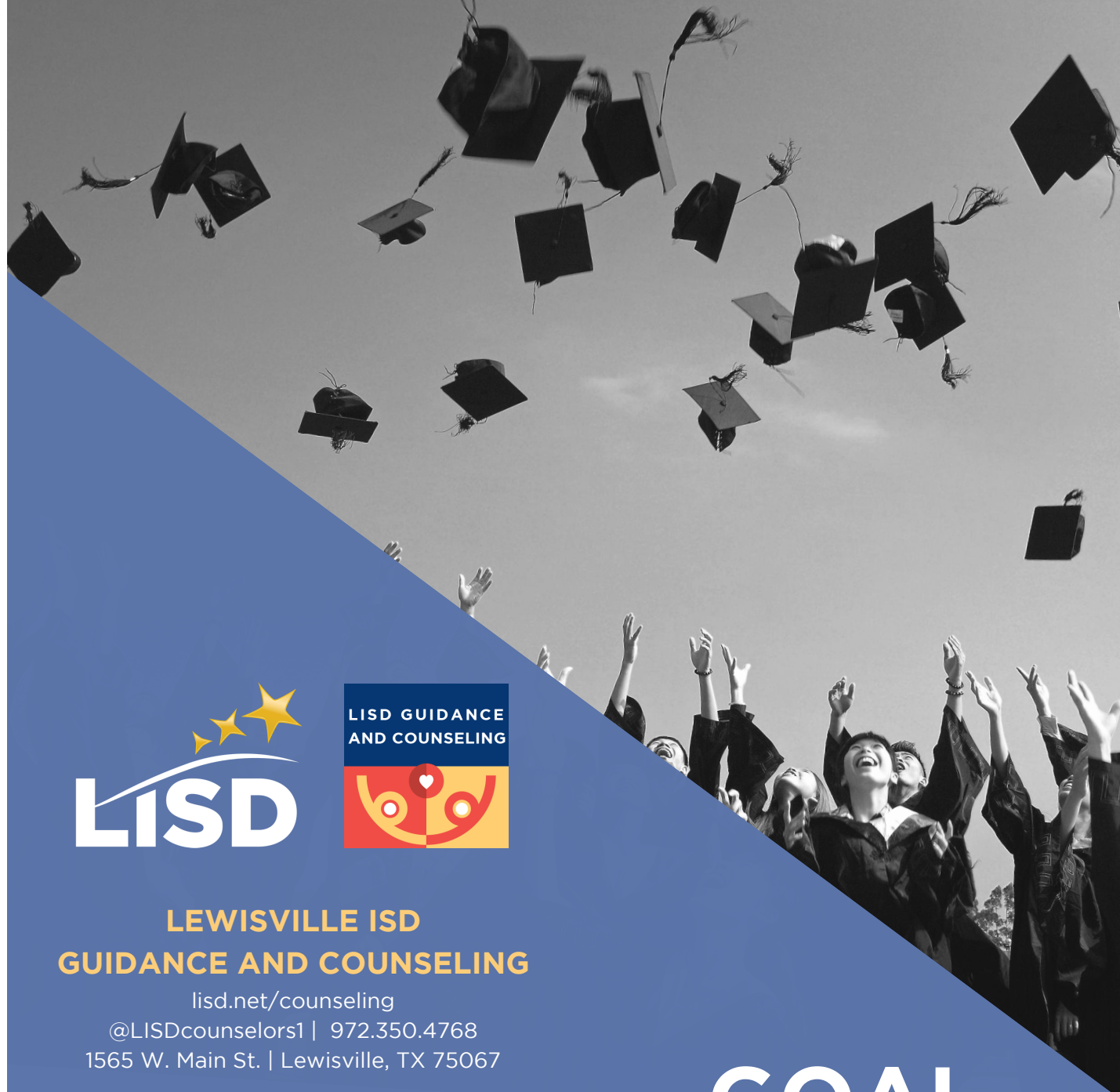
- Where am I going?
- Where am I trying to go?
- How do I close my learning gap?
- How do I challenge myself?



LEWISVILLE ISD GUIDANCE AND COUNSELING

lisd.net/counseling
@LISDcounselors1 | 972.350.4768
1565 W. Main St. | Lewisville, TX 75067

GOAL SETTING



SET REALISTIC GOALS TO ACHIEVE YOUR DREAMS

Dream: I want to be a runner in the Olympics.

Goal: I want to train to make the JV track team this spring.

Dream: I want to be a teacher.

Goal: I want to mentor kids while I'm on summer break from school.



COMFORT ZONES

When setting goals, we all have levels of comfort with the risk in which we are comfortable putting ourselves out there. Break this down into discussion to support the goal.

Goal: What is the goal?

Example: Being the lead in the school play

Comfort Zone: What are you comfortable with? What's least intimidating?

Example: Talking to peers about it and learning what process is like

Low Risk: What is a step you can take to break through what you are uncomfortable with?

Example: Tell your teacher you want to try out

High Risk: What is the next step in pushing yourself through that fear to success to realizing you had it in you all along?

Example: Show up at auditions and try out

SMART GOALS

Using the SMART GOALS chart can be an excellent guide in establishing a path.

S = Specific

Clearly stated and defined actions

Example: *Increase attendance in weekly sports practices*

M = Measurable

Quantity, quality, time/track your progress

Example: *80% of students will attend sports practices*

A = Attainable

Achievable, action-oriented, and realistic

Example: *Increase practice attendance by 5% from last semester*

R = Relevant

Aligned to needs: Not too hard or too easy

Example: *Teach members tangible skills that they can apply on the field during games*

T = Time-Based

Within a clear time frame

Example: *End of season*