

# The Importance of Setting Goals

Goal setting is a powerful process. It allows you to turn your vision of the future into reality. Goals give you short term direction and long term vision. First create your "big picture" of what you want to accomplish throughout life. Then break goals down into measureable and achievable accomplishments. There are many areas to set goals in. However, for the purpose of goal setting in school, we would like you to concentrate on three areas: academic, personal and career. As you write goals, make sure that the goals you have set are ones that you want to achieve. Not those of teachers, parents, family members or employers. Remain true to yourself.

While setting goals, state them in a positive manner, be precise, set priorities, keep them small and focused on performance. Finally, it is important to set goals that you can achieve in a specific time frame. One of the most useful ways to make goals more powerful is to use the SMART goals setting process.

- **S**pecific
- **M**easureable
- **A**ttainable
- **R**elevant
- **T**ime-bound

In summarization, goal setting is one of the most important processes to achieve success in your life. You decide what is important for you, separate what is important from what is irrelevant, encourage and provide direction for your life, and build self-confidence for today, tomorrow and the future.