

# MY GOALSETTING



## AIMS

In this lesson you will:

- Explore the difference between a wish and goal.
- Explore how to set a meaningful, appropriate and challenging goal.
- Explore how to make a goal S.M.A.R.T



## OUTCOMES

At the end of this lesson you will be able to:

- Distinguish between a wish and goal.
- Identify what you want to accomplish (goal).
- Identify how to set a S.M.A.R.T goal.



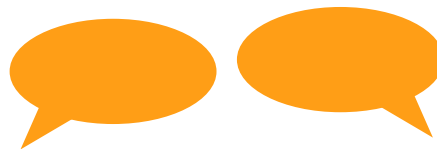
## WARM UP ACTIVITY

# 3 STARS AND A WISH

First, you must think of  
3 **“Stars”**,  
or things you already do well.



This can be anything from  
running fast to solving a maths  
problem to comforting a friend  
when they're feeling sad.



In pairs talk to the person  
beside you about HOW  
you became so good at  
these **“Stars”**.

Did you have to practice?  
Did it take time to learn?



Next, come up with a realistic  
**“Wish”**. The **“Wish”** is something  
that you need or want to work on or  
something new you want to be able  
to do (a goal).

Your wish might be something  
you would like to achieve or  
work on now that you are in  
post-primary school.

# WHAT IS A GOAL?

Based on that activity please talk to the person beside you about what you think a **'goal'** is.

What is the difference between a **'wish'** and a **'goal'**?

Now that you have moved from Primary into Post-primary school, what goals might you have for Post-primary School?



# DEFINITION

- A “Goal” is a desire/wish that is put into action through a plan.
- A Goal is like a target or something you “shoot for”.



# WHAT IS THE DIFFERENCE BETWEEN A WISH AND A GOAL?

A Goal isn't chance;  
it's choice.

Effort is Key.



A wish is a desire, hope, or longing  
for something or for something to  
happen while a goal is a result of  
choosing to take steps that will lead  
to the fulfilment of that wish.

It involves ACTION!!



**TODAY WE ARE  
GOING LEARN HOW  
TO SET GOALS!**



# WHY SET GOALS?

In pairs discuss with the person beside you the purpose of setting goals.



# HOW CAN I CHANGE MY WISH INTO A GOAL

We need to get

**S M A R T**

...but first let me tell you a little story  
about how to achieve your goals using  
the **S.M.A.R.T** technique.



# EDMUND'S GOAL



**HOW AN ELEPHANT  
MADE HIS DREAM  
COME TRUE**

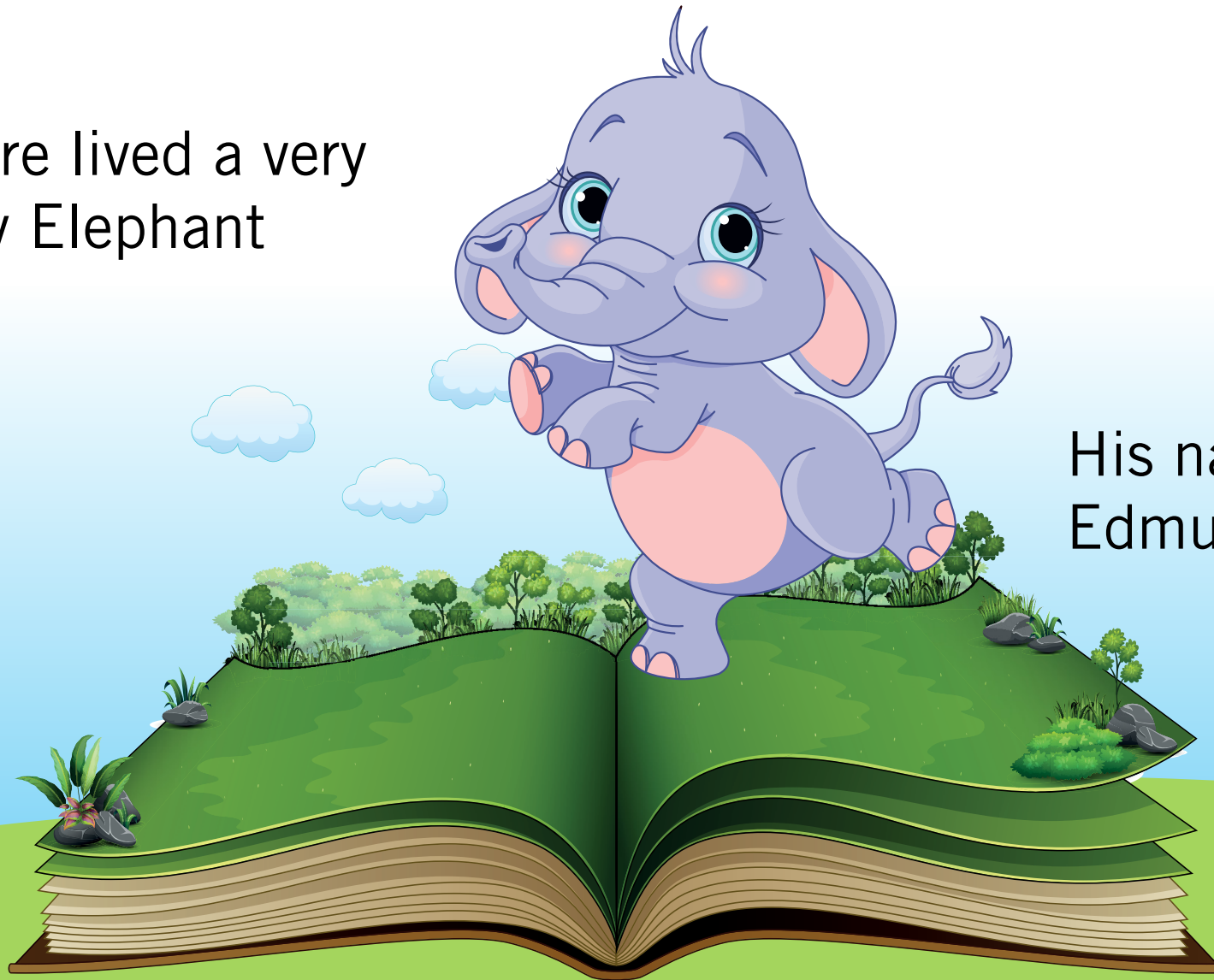
## EDMUND'S GOAL.....

*Once upon a time*  
Many years ago,  
in a distant land...



## EDMUND'S GOAL.....

There lived a very  
jolly Elephant



His name was  
Edmund

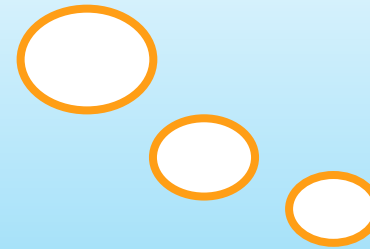


## EDMUND'S GOAL.....

Edmund had a wish....

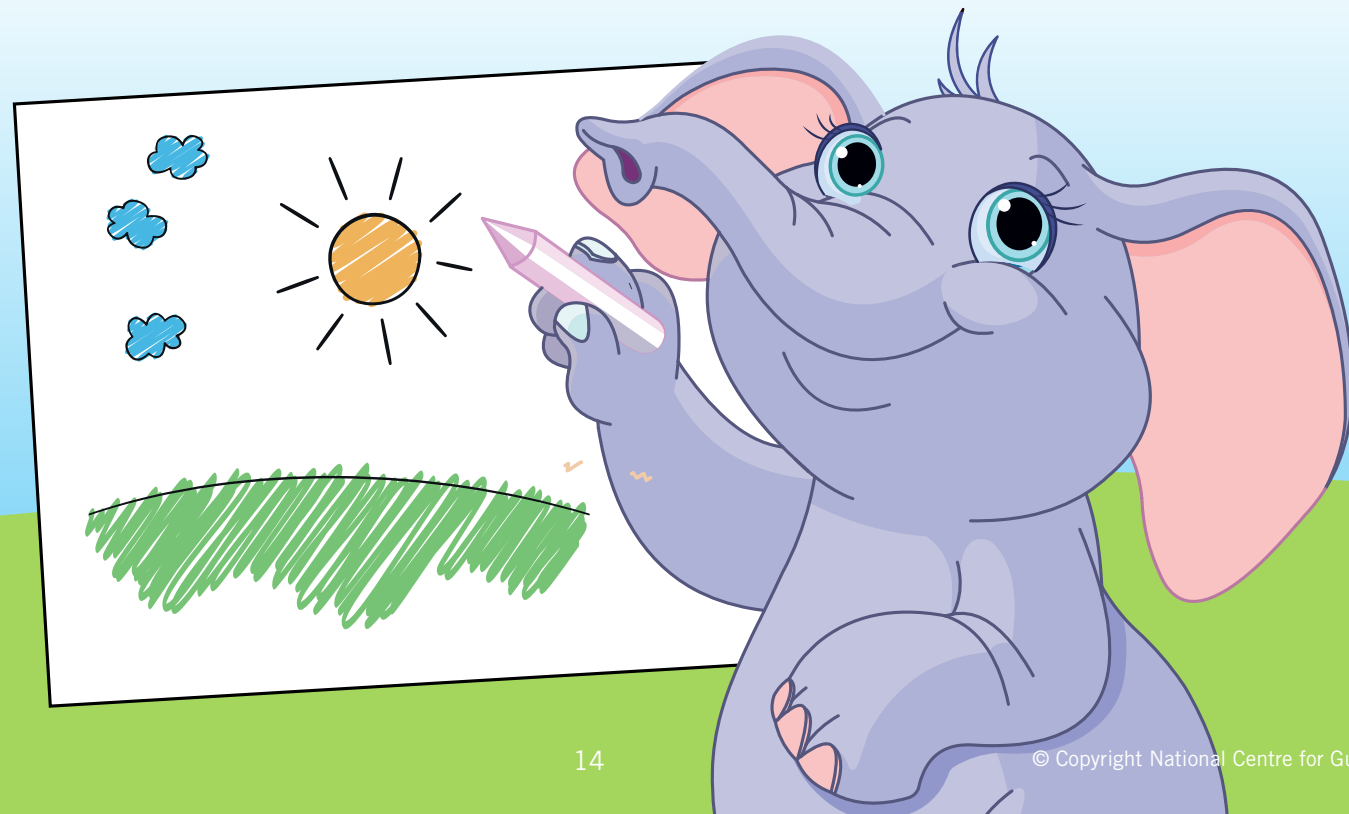


He wanted to become  
a world-famous artist



## EDMUND'S GOAL.....

Edmund loved to draw.....  
On paper...  
on cardboard...  
and even on the walls at home!



## EDMUND'S GOAL.....

Now, when Edmund's family and friends heard about his dream to become a world famous artist... they reacted like this..



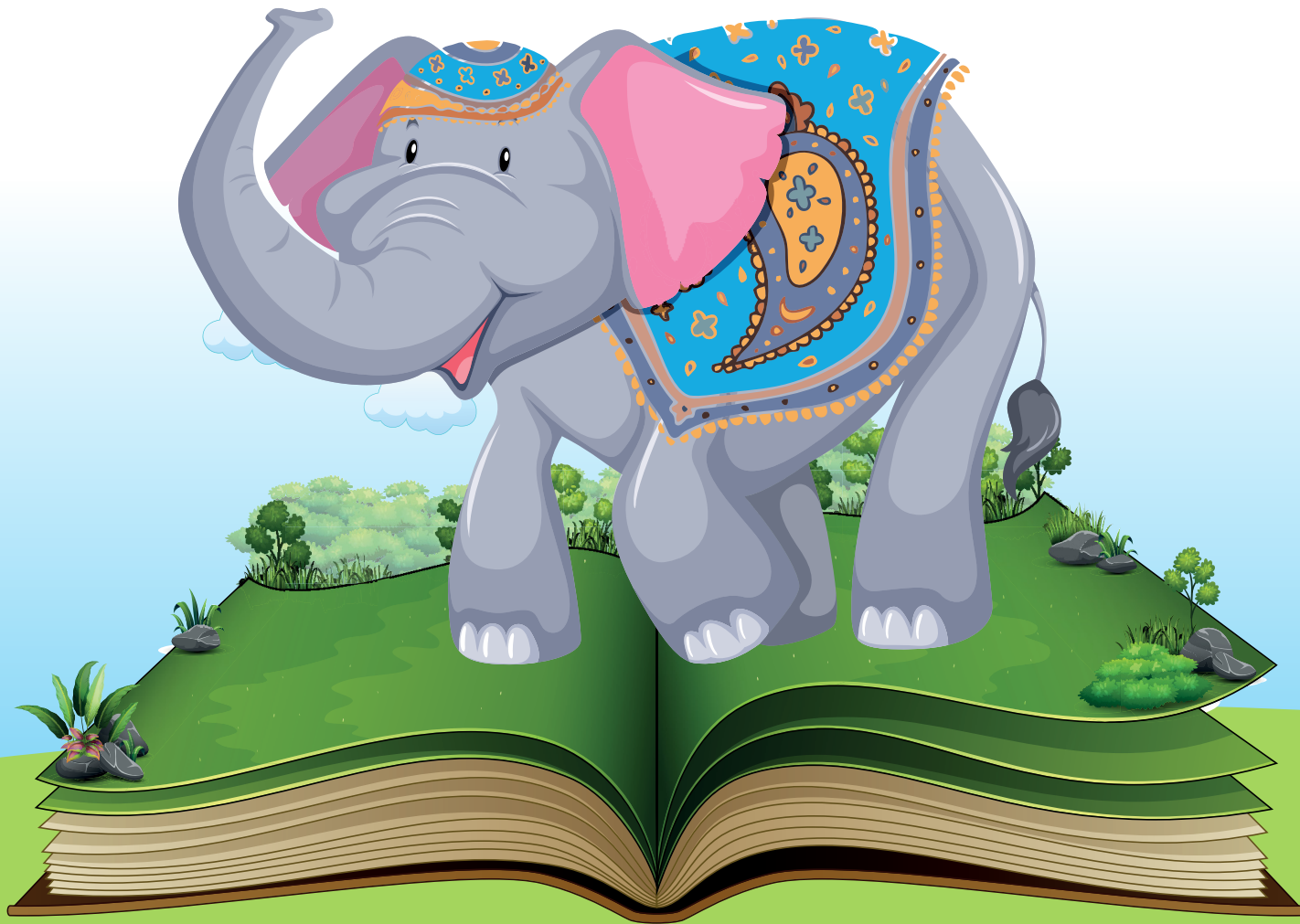
## EDMUND'S GOAL....

Edmund was upset by this



## EDMUND'S GOAL.....

However Edmund had a fairy god-mother called Doris.



## EDMUND'S GOAL.....

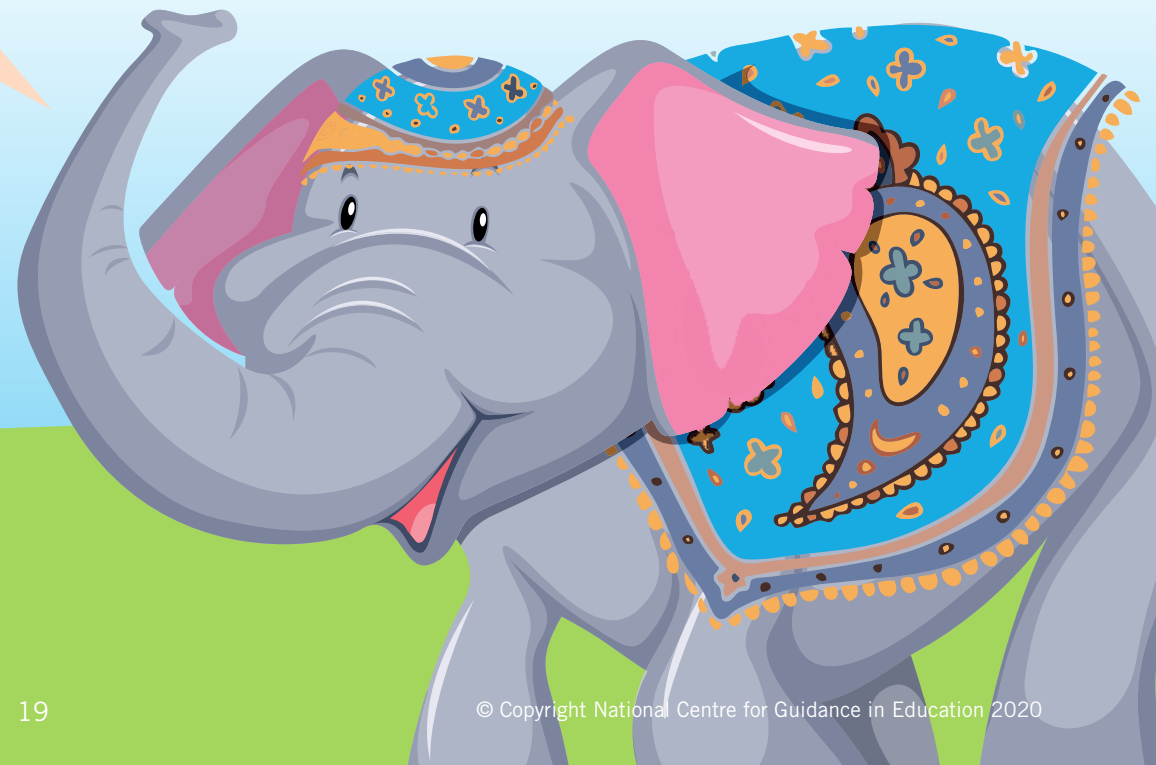
Like Edmund, Doris was very artistic....  
She liked to wear nice bright clothes and loads of jewellery



## EDMUND'S GOAL.....

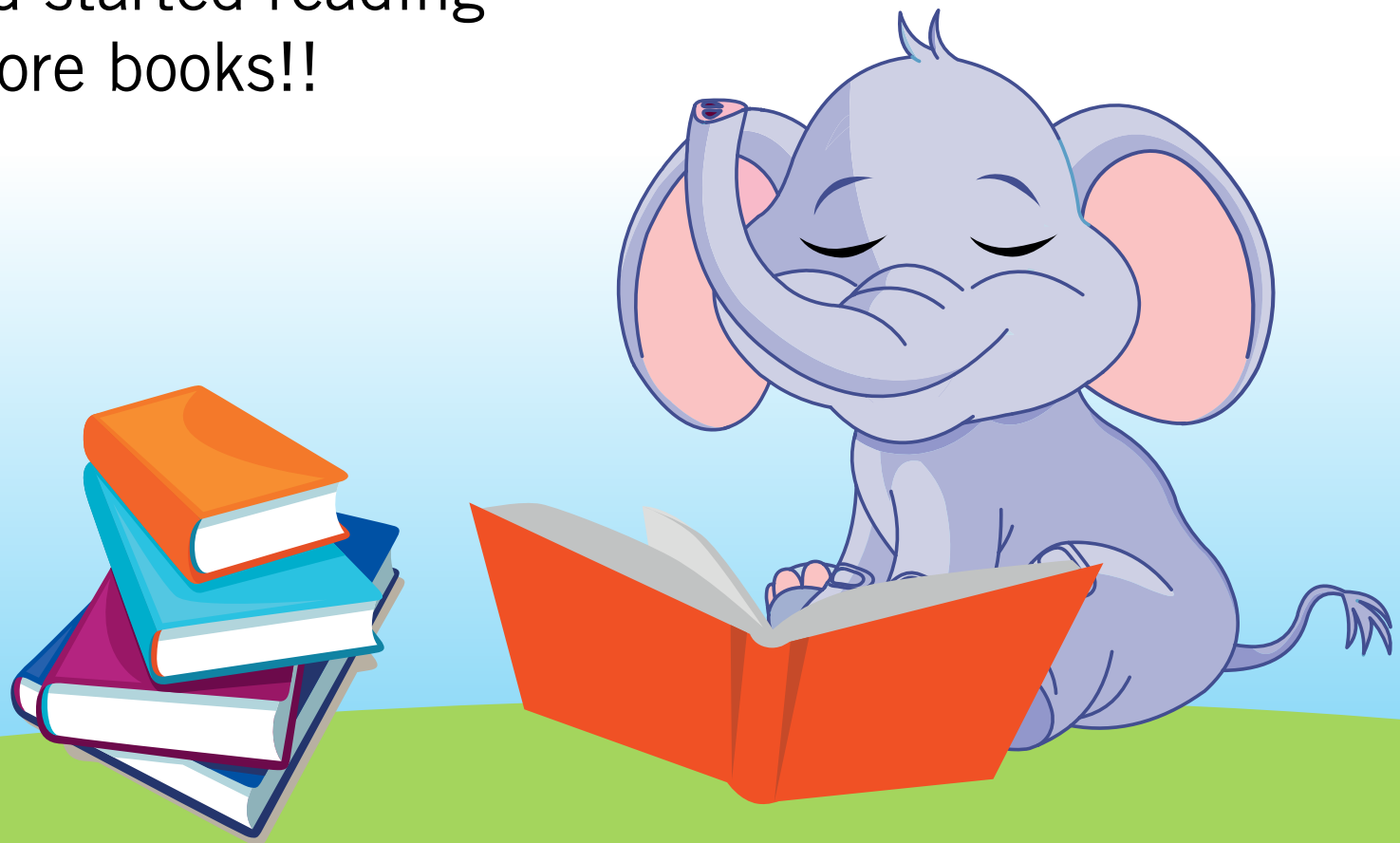
Doris told Edmund

“If you want to be a world famous artist you have got to be smart!”



## EDMUND'S GOAL.....

So.....  
Edmund started reading  
more books!!

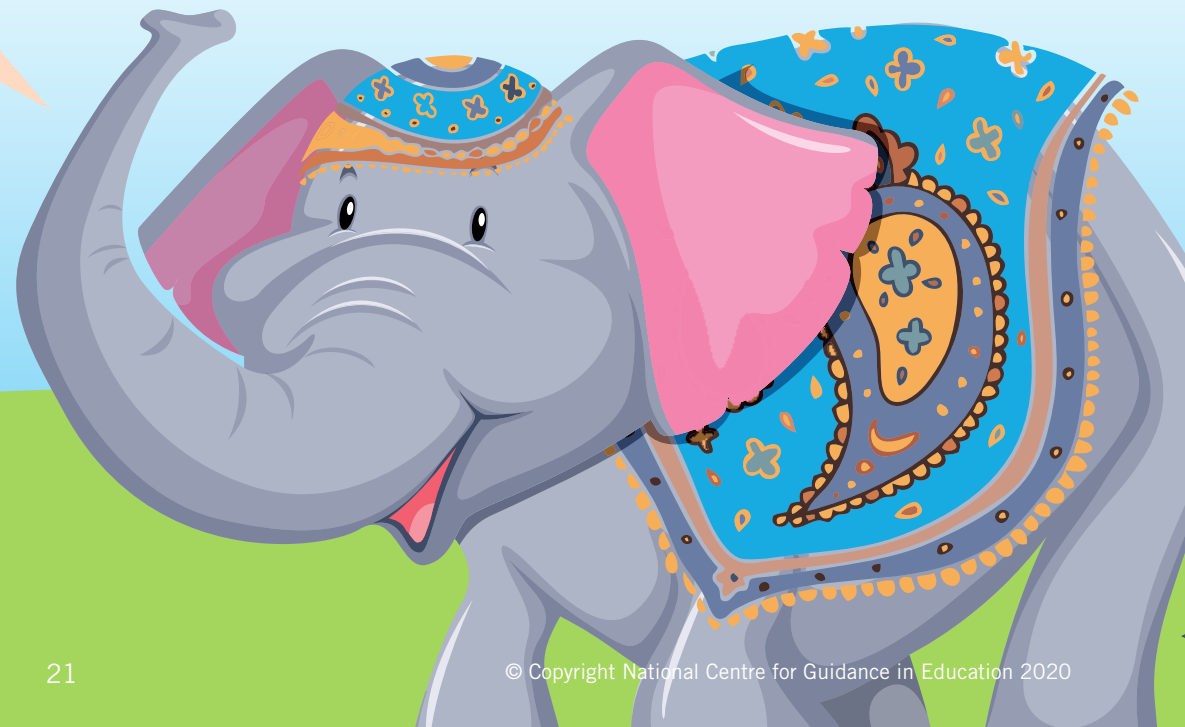




## EDMUND'S GOAL.....

Doris said

“not that sort of smart Edmund!  
S.M.A.R.T”



## EDMUND'S GOAL....

Doris told edmund to achieve his goal it must be S.M.A.R.T



**SPECIFIC**



**MEASURABLE**



**ATTAINABLE**



**RELEVANT**

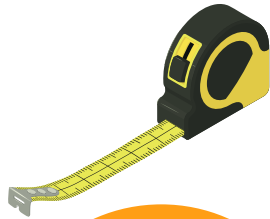


**TIME-BOUND**



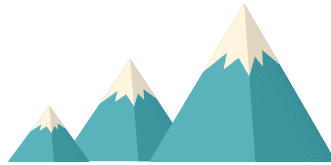
## SPECIFIC

Specific means that your goal is detailed and exact.



## MEASURABLE

Measurable means that you can track your progress and know exactly when your goal is met. It usually involves numbers.



## ATTAINABLE

Attainable means that your goal is reasonable and that it is not out of reach for you.



## RELEVANT

Relevant means that your goal is worthwhile. It is something important to you.



## TIME-BOUND

Timely means your goal will be accomplished within a given timeframe.

## EDMUND'S GOAL.....

So! Edmund went away and thought about his goal again.



His goal to be a World Famous Artist was not a **S.M.A.R.T** goal.



## EDMUND'S GOAL....

Edmund made his dream more **specific**

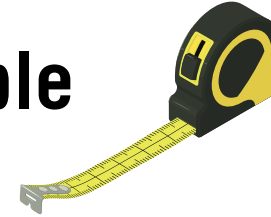


"I want to learn  
how to draw"



## EDMUND'S GOAL....

Edmund made his dream more **measurable**

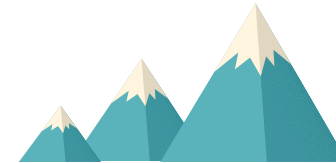


"I want to pass my drawing exam"



## EDMUND'S GOAL....

Edmund made his dream more **achievable**



“Ok. Maybe not world-famous ... yet ... just an artist.”

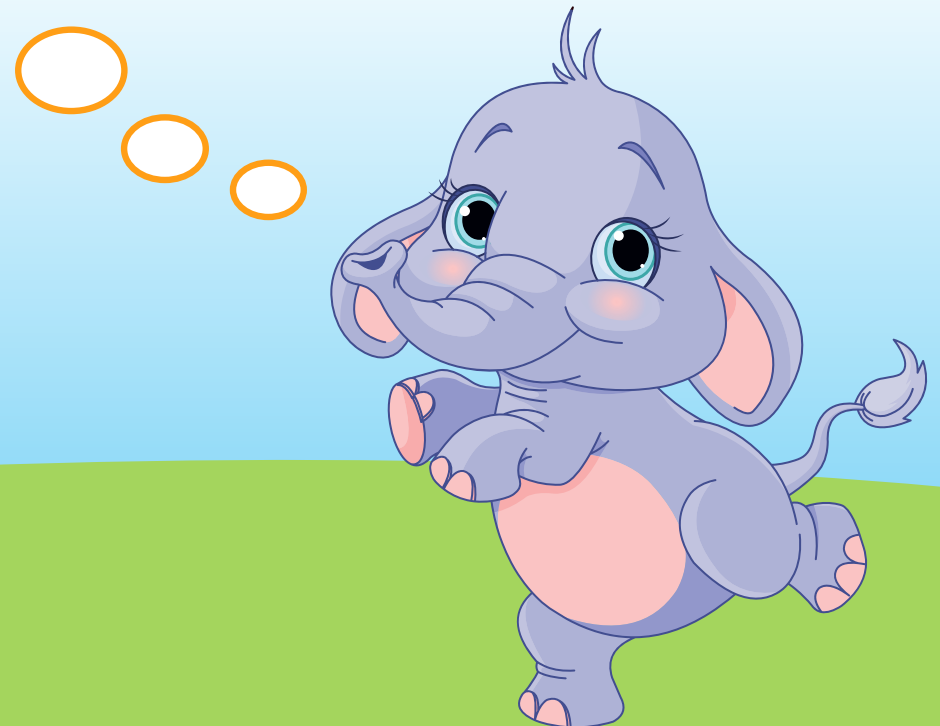


## EDMUND'S GOAL.....

Edmund made his dream more **relevant**



“I get great joy out of being creative; I really love it and would like to be an artist when I am older”





## EDMUND'S GOAL....

Edmund made his dream more **time-focused**



“I want to get at least 70% in my drawing exam in May.”



## EDMUND'S GOAL....

**So this:**

“be a world famous artist”

**Had become this:**

**“get at least 70%  
in my drawing  
exam in May!”**



## EDMUND'S GOAL.....

Anyway, just thinking about his dream like this made Edmund feel like he could do it

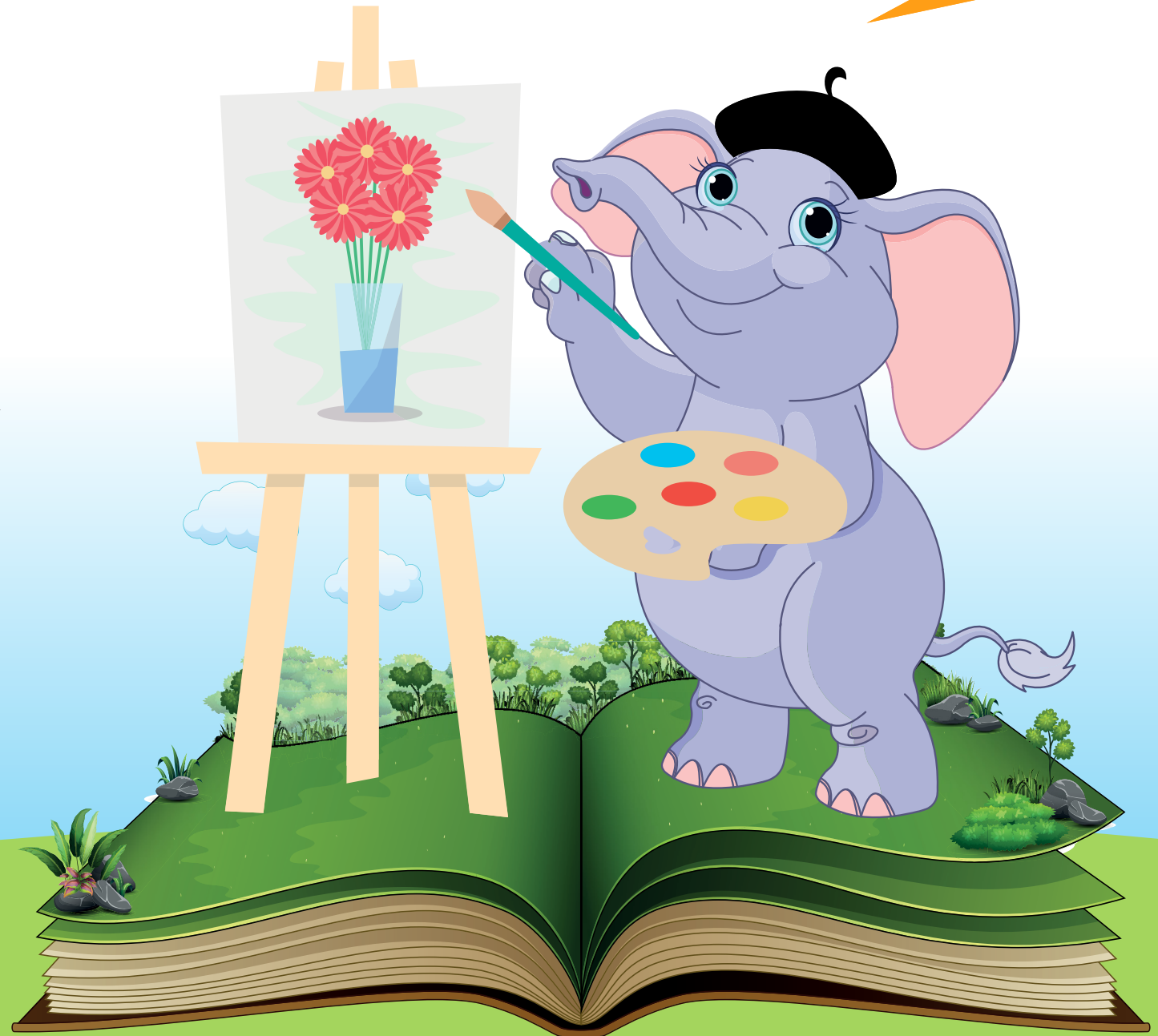


I can do it



## EDMUND'S GOAL.....

And with time, he did indeed achieve his dream.



OVER TO YOU...



**With the person beside you discuss the following:**

- How do you think Edmund felt about setting his goal?
- How do you think he felt after other people's reactions?
- How did Edmund change his goal into a S.M.A.R.T Goal?
- Do you think Edmund will achieve his goal? Why?
- Is your goal S.M.A.R.T? How could you make it smart?



## WHAT IS THE DIFFERENCE BETWEEN A WISH AND A GOAL?

A Goal isn't chance;  
it's choice.

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A wish is a desire, hope, or longing  
for something or for something to  
happen while a goal is a result of  
choosing to take steps that will lead  
to the fulfilment of that wish.

It involves ACTION!!



# REVIEW

## Can you...

- Distinguish between a wish and goal.
- Set a meaningful, appropriate and challenging goal.
- Know how to make a goal S.M.A.R.T.