

GOAL SETTING: GOAL HARD OR GOAL HOME

Goal Setting: Goal Hard or Go Home Workbook



Watch the video Goal Setting and follow along with this workbook. As needed, pause the video for reflection, note taking or jotting down ideas.

In this lesson you will:

- Define SMART goals and the best way to write them
- Practice writing your own SMART goals
- Clarify the 3 Ps of goal setting
- Identify big rocks and break them own into small action steps

Part One: Self- Assessment/Priorities

Complete this page PRIOR to starting the video

To prepare yourself for writing your goals, begin with reflecting on where you are today and what success will look like for you.

DREAM: If you were able to achieve all of your goals for the next year, what would your life look like one year from now? Write your answer below:

Part One: Self- Assessment/Priorities

Complete this page PRIOR to starting the video

To prepare yourself for writing your goals, begin with reflecting on where you are today and what success will look like for you.

Priority:	Rate yourself: (Not Satisfied, Satisfied, Very Satisfied)	Priority for Me to feel & be Successful (Rate 1-5 with 1 being HIGHEST Priority)
Work/Career		
Personal/Intellectual Development		
Faith/Spirituality		
Relationships with Family		
Relationships with Friends		
Finances/Money		
Health & Wellness		
Volunteer/Service to Others		

Which one of the priorities do you want to focus on first? Select one and write it here:

Positive Focus Journal

What am I grateful for?



Today I have accomplished...

Individual Development Plan

Individual Development Plan

Take a few moments and reflect on some areas where you would like to create intention around achieving a goal.

S.M.A.R.T Goals

"A goal without a plan is a wish". Antoine de Saint-Exupery

SMART Goals

S = Specific

M = Measurable

A = Achievable

R = Relevant

T = Time-Bound

What do these mean?

3 P's of Goal Writing

POSITIVE

- What we want to have
- What we want to do
- Who we want to become



PERSONAL

- How are the goals and ambitions you have important to you?

Fun Fact: Nik Wallenda, an American acrobat crossed the Grand Canyon in 2013. Learn more about his goal and story: [Nik Wallenda](#)

PRESENT

- Currently working on it
- Written as achieved

“I WILL”

VS

“I AM”

Create a S.M.A.R.T. Goal with 3 P's

Pause the video here (13:10) and take a moment to reflect on your personal growth & development.

Write a SMART goal using 3Ps that you want to accomplish:

Is it done or not done? How will you know?

Big Rocks and Small Rocks

- Big Rocks: Top priorities, must get done
- Middle Rocks: Need to get done but not most important
- Small Rocks: Time wasters, entertainment, non-essential errands, etc.



Pause the video here (26:00) and take a moment to reflect on your personal growth & development.

Understanding the differences between Big, Middle and Small Rocks, make a list now of the things that you do today that fall into these categories:

Big	Middle	Small

My Plan

SMART GOAL #1

My goal is:

Big Rocks for this goal:

What is the one thing that if I change, improved, stopped, completed or learned, would have the biggest impact in achieving this goal?

You can print this page and reuse it as often as needed.

Stay on Track

Stay of track with Post it Notes

- Put them on your bathroom mirror
- See your goal first thing in the morning and last thing at night
- Mark your accomplishments and keep focused for what you need to do each day to achieve your goal

