

# Goal Setting

CAREER GOALS: WHERE DO YOU WANT TO BE IN 1 YEAR, 5 YEARS, 10 YEARS?

Step 1:

Take a moment and think about yourself as an elderly person. What does your life look like? Who is there? What does it feel like

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“Envision, create, and believe in your own universe, and the universe will form around you.”- Tony Hsieh

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Step 2:

Considering everything you just saw and felt, what do you need to accomplish in your life for that image to come true?

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“People with clear, written goals, accomplish far more in a shorter period of time than people without them could ever imagine.” - Brian Tracy

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Step 3:

Pick one of those accomplishments and break it down into parts. What needs to happen for it to be accomplished.

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"Setting goals is the first step in turning the invisible into the visible." - Tony Robbins

# Goal Setting

## Step 4:

Now try to write out one of those parts as a broad goal and then break it down using the SMART method.

## **Example:**

### **Broad Goal: I want to take up coaching**

**Specific:** I will coach a minor hockey team next season

**Measurable:** The hockey season starts in 4 months, so I have that long to find a team to work with.

**Attainable:** I will email local minor hockey associations about coaching opportunities

**Relevant:** Coaching hockey will allow me to stay connected to my sport

**Time-Based:** By the end of this month, I will have emailed the local minor hockey associations expressing my interest.

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### **Broad Goal:**

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“A goal properly set is halfway reached.”- Zig Ziglar

# Goal Setting

## Step 4 cont.:

Now try to write out one of those parts as a broad goal and then break it down using the SMART method.

**Specific:**

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**Measurable:**

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**Attainable:**

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**Relevant:**

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**Time-Based:**

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"Goals help you channel your energy into action."

- Les Brown