



## Setting Future Goals

### CFNC.org

- Create an Account
- "Plan" for a career

### Futures for Kids

- ID=
- Password=
- Career Cruising

### S.M.A.R.T. Goal-Setting

- **Specific:** Your goal should answer the following five "W" questions:
  - Who is involved?
  - What do I want to accomplish? (Specifically, not in general terms)
  - Where will it take place?
  - When will it happen? (Establish a time frame)
  - Why should I do it? (Specific reasons, purpose or benefits.)
- **Measurable:** When you measure your progress, you stay on track, reach your target dates, and experience the exhilaration of achievement that spurs you on to continued effort required to reach your goal. To determine if your goal is measurable, ask questions such as...How much? How many? How will I know when it is accomplished?
- **Attainable:** You can attain most any goal you set when you plan your steps wisely and establish a time frame that allows you to carry out those steps. When you list your goals you build your self-image. You see yourself as worthy of these goals, and develop the traits and personality that allow you to possess them.
- **Realistic:** To be realistic, a goal must represent an objective toward which you are both *willing* and *able* to work. A goal can be both high and realistic; you are the only one who can decide just how high your goal should be.
- **Timely:** A goal should be grounded within a time frame. With no time frame tied to it there's no sense of urgency.

## Five Tips for Goal-Setting

1. Specific, realistic goals work best: when goals are specific, you can measure them, and when goals are realistic, you can achieve them.
2. It takes time for a change to become an established habit: it can take two months or more for a change to become a habit. Don't give up!
3. Repeating a goal makes it stick: Say it out loud everyday to remind yourself what you are working for.
4. Pleasing other people doesn't work: The key to making any change is to find the desire within yourself—you have to do it because you want it!
5. Roadblocks don't mean failure: mistakes are part of the learning process!



**The future you see is the future you get.**

**-Robert G. Allen**