Setting Goals

You can't move forward unless you know what direction you are going in, right? Goal setting is your compass. Knowing how to set goals is an important skill for student leaders to not only develop, but sustain both in their personal and professional endeavors. You've got to have goals!

Why Set Goals?

Goals are statements that identify what you plan to accomplish in a given period of time. There are so many reasons why student leaders and organizations should set realistic and achievable goals. They can:

- √ Provide direction and vision
- √ Help avoid chaos and confusion
- √ Provide clarification in purpose and process
- √ Act as a motivator for recognition and measuring accomplishments
- √ Help manage time by identifying where resources will be allocated

Individual Goals

S.C.O.R.E. is a simple formula that will make goal setting efficient and achievable for student leaders as they set short-term and long-term goals.

Group Goals

Whether a group is identifying accomplishments they plan to achieve for the year or goals they have for a particular event or project, the process and outcome of collaborative goal setting is sure to be very valuable.

Benefits of Group Goal Setting

- Ideas grow and are enhanced when diverse perspectives are shared
- Group members are engaged and own goals that they help create
- Provides a method to measure group success and evaluate areas for improvement
- Individuals know and understand where they can best contribute to the overall success of the group
- Holds the group accountable to agreed upon priorities

…it only exists if it is in writing. Write your goals down. Whether it be in your journal, in your planner, or just a piece of paper, when we write things down they become *real*!

S – Specific

Write a goal that includes all of the following specifics:

- √ What?
- √ When?
- √ How?
- √ Timeframe
- √ Details, details, details!

C – Categories

Our lives include many facets and having goals for each of them is valuable. Consider identifying at least one goal in each of these areas:

- √ Career
- √ Education
- √ Family
- √ Wellness
- √ Spiritual
- √ Relationships

O – Outcome

Envision what you will have accomplished, completed, achieved, etc. when you fulfill the goal.

- √ Desired outcome
- √ What will it look like when it is completed?

R – Review

Your life priorities, time, and tasks change, thus goals evolve with them. Make time to review and revise your goals as necessary.

- √ Monthly, mid-year, annual review
- √ Adapt to changes in goals or life
- √ Be flexible for unexpected circumstances
- √ Add and/or delete

E – Engage

The process of goal setting can be overwhelming, but your life can feel more overwhelming without any goals. Start small, with baby steps, and gradually move into bigger and longer-term goals.

- √ Develop short-term goals that provide ACTION steps toward long-term goals

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