

## **Why Is Goal Setting Important?**

The act of goal setting is a process that begins with clearly defining what is important to you. Goal setting is not a stagnant event. It is much more than S.M.A.R.T goals or simply writing something down a few ideas on paper. The process of goal setting includes measuring your progress, learning how to stay positive and focused, how to overcome roadblocks. Goal setting give you a look into the future and gives you an opportunity to learn from your accomplishments and missed opportunities. Goal setting principles can be used in school, in your career, with your hobbies and in countless other places. You can set goals that are either long-term or short-term in length.

### **I Have Big Dreams – How Will Goal Setting Help Me?**

Goal setting will show you how to take action on your dreams. With goal setting you will learn about yourself. What do you like, what is important and what areas do you need to work on to improve. Goal setting will teach you how to take responsibility for your efforts or lack thereof. Goal setting will show you how to take a large, seeming impossible task and break it down into very doable parts. Goal setting will show you the importance of taking action on your dreams.

Goal setting is your compass. If you go on a trip you need a map. If you are cooking the holiday meal for the first time you will need a recipe. Goal setting is the same thing. It is you roadmap to your future success. You would be lost without a map or a recipe. The same can be said for life without learning the importance of goal setting.

Goal setting will teach you how to stay motivated and determined even when the going gets tough. There are no free rides in life. Each of us will encounter some rough spots in our life journey. Goal setting will show you how to make the best of a bad situation, how to turn a negative into a positive learning experience and how to get back on track. Goal setting will help you when you are stuck with a sudden case of a fear.

### **Do Successful People Set Goals?**

*“Success is not measured by money or fame, but by how you feel about your goal and accomplishments and the time and effort you put into them.”* **Willie Stargell, Baseball Hall of Fame**

Successful people have goals. They know where they are going and how they will get there. They know that goal setting is fundamental to their success. They combine goals with strong desire and determination and positive action. They know that success means different things to different people. Successful people know that goal setting is their plan for their future success.

Goal setting provides them with direction and a sense of accomplishment. Goal setting helps them to define their growth and development. Goal setting shows them where they need to put additional effort. Goal setting helps successful people clarify their wants, needs or desire. Goal setting helps them set their priorities. Successful people know that it is important to help others.

## **Will I Always Accomplish My Goal?**

No. But, if you view those life lessons correctly the missed opportunities can be excellent learning experiences. Did you set the goal too high? Did you run out of time? Did your goal count on something happening that did not? This is not the time to get discouraged and stop setting your goal. It is a marvelous time to learn and grow.

Goal setting is hard work. If was easy everyone would be doing it. It is important to set realistic goals that stretch your capabilities. If you miss your goal, re-evaluate your goal setting plan and make adjustments and try again. Don't give up!

If your goal setting plan is successful reward yourself for a job well done. Then look for your next adventure. Set a new goal that stretches you a little more. Build on your goal setting successes.

## **Where Can I Use the Goal Setting?**

Goals can provide balance, a sense of direction and help you to develop focus and a sense of purpose. Goal setting can be used in all parts of your life. For example:

- Education goals
- Spiritual goals
- Financial goals
- Physical and health goals
- Social or cultural goals

- Hobby goals
- Sports goals
- Family goals
- Relationship goals
- Career goals
- Personal attitude goals
- Public service goals

### **What Do We Know About Goal Setting?**

Goal setting provides motivation.

Goal setting helps us to recognize our abilities.

Goal setting is more than daily checklists

Goal setting gives you a sense of the big picture

Goal setting helps us to set priorities.

Goal setting helps us organize our time.

Goal setting gives us a sense of pride.

Goal setting gives us a sense of ownership.

Goal setting builds our self-image.

Goal setting needs action steps.

Goal setting needs a timetable.

Goal setting teaches us what is important.

Goal setting provides inspiration.

Goal setting helps us develop a plan.

Goal setting helps us focus.

Goal setting helps us turn our dreams into reality.  
Goal setting helps us become enthusiastic.

by '***Accent on Success***' ~ a non-profit organization dedicated to helping teens prepare for opportunities and challenges ahead