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EDKN 3352
Ch 16
Goal Setting

Learning Objectives

- 0 Identify how to properly set goals
- 0 Describe common mistakes or barriers in goal setting
- 0 Create well-written SMARTS goals

Types of Goals

0 Outcome

0 Performance

0 Process

0 Too much focus on outcome or performance goals can create anxiety

Steps to Effective Goal Setting

- 0 1) Emphasize process & performance goals over outcome goals
- 0 2) Set specific & measurable goals
- 0 3) Set goals that are challenging but realistic
- 0 4) Set positively-focused goals (mastery approach)
- 0 5) Set long-term goals & short-term goals to help you reach your long-term goal
- 0 6) Tell someone about your goal(s)
- 0 7) Identify barriers/obstacles and create contingency plans to deal with setbacks
- 0 8) Don't forget to monitor your goals

Steps to Effective Goal Setting

- 0 Use the SMARTS acronym to help you set effective goals
 - 0 Specific
 - 0 Measurable
 - 0 Action-oriented
 - 0 Realistic, yet challenging
 - 0 Timely/ time-based (short-term and long-term)
 - 0 Self-determined (client/person should have input)

Are these SMARTS?

- 0 I want to eat better
- 0 I want to lose 5 lbs by May 1 by exercising at least 30 minutes, 4x per week
- 0 I want to get at least 7.5 hours of sleep each night