

## Self-Growth Lab: Goal Setting

Name: \_\_\_\_\_

You will have a variety of tasks to select from to complete. Select ONE task to complete and follow the directions BEFORE completing the task.

### Part A

Select a task to complete.

Task selected: \_\_\_\_\_

Before performing the task, you will set a variety of goals for yourself. Each goal should follow the effective/SMARTS goal setting criteria and should be objective.

1) Create an outcome goal for the above task:

2) Create a performance goal for the above task:

3) Create a process goal for the above task:

4) Perform the task and record your performance on the task here:

5) Identify which, if any, of your goals were met.

6) Discuss why you did or did not meet your goals:

**Part B**

- 1) Identify at least FOUR but no more than six general subjective goals and enter them into the subjective goals column below. These should NOT pertain to today's activities; these will be any goal(s) that you would like to achieve (school, sports, life, etc.).
- 2) Reflect on your goals and prioritize them, placing an X in column A (most important), column B (somewhat important), and column C (less important). All of your goals should not have the same priority, so you should use at least one A, one B, and one C.

| <b>Subjective goals</b> | <b>A</b> | <b>B</b> | <b>C</b> |
|-------------------------|----------|----------|----------|
| 1.                      |          |          |          |
| 2.                      |          |          |          |
| 3.                      |          |          |          |
| 4.                      |          |          |          |
| 5.                      |          |          |          |
| 6.                      |          |          |          |

Select ONE of the above subjective goals you have identified that can be achieved sometime in the next 3 months (but not something that can be completed in the next 2 weeks – in other words, this should not be a very short-term goal). This should also preferably be one of your most important goals. You will then complete the below steps based on the goal you selected.

3) Turn the subjective goal you identified above into an objective goal fitting the SMARTS and effective goal setting criteria. Write your new objective effective goal below.

4) Circle whether your goal is an *outcome goal* or a *performance goal*.

5) Create one objective effective/SMARTS short-term goal that will assist you in reaching your above long-term goal.

6) Create at least one process goal to assist you in reaching your goal.

7) Identify at least two individuals who could provide you social support on your way to reaching your goal and the types of support you will seek from them.

Social supporter #1:

Type of support you will seek from person #1:

Social supporter #2:

Type of support you will seek from person #2:

- 8) Identify at least two potential obstacles that could prevent or impede you from reaching your goal and outline at least one contingency plan for each obstacle. Be SPECIFIC in your contingency plans.

Obstacle #1:

Contingency plan:

Obstacle #2:

Contingency plan:

Option 1 (350 XP): Complete the above directions.

Challenging option 2 (400 XP): Complete the above directions. Additionally, type up a 250-500 word summary of what you learned about effective goal setting. Your summary must also include one scholarly article pertaining to goal setting clearly cited in-text in your summary, and the full reference included below the summary.

More challenging option 3 (450 XP): Complete the above directions. Additionally, type up a 250-500 word summary of what you learned about effective goal setting. Your summary must also include TWO scholarly articles pertaining to goal setting clearly cited in-text in your summary, and the full references included below the summary.