

HANDOUTS – MOVING FORWARD Week1/5 week

HANDOUT WK 4 - The Bulls Eye Part 2.

YOUR VALUES: What really matters to you, deep in your heart? What do you want to do with your time on this planet? What sort of person do you want to be? What personal strengths or qualities do you want to develop? Refer back to the Clarify Your Values work we did in Session 1

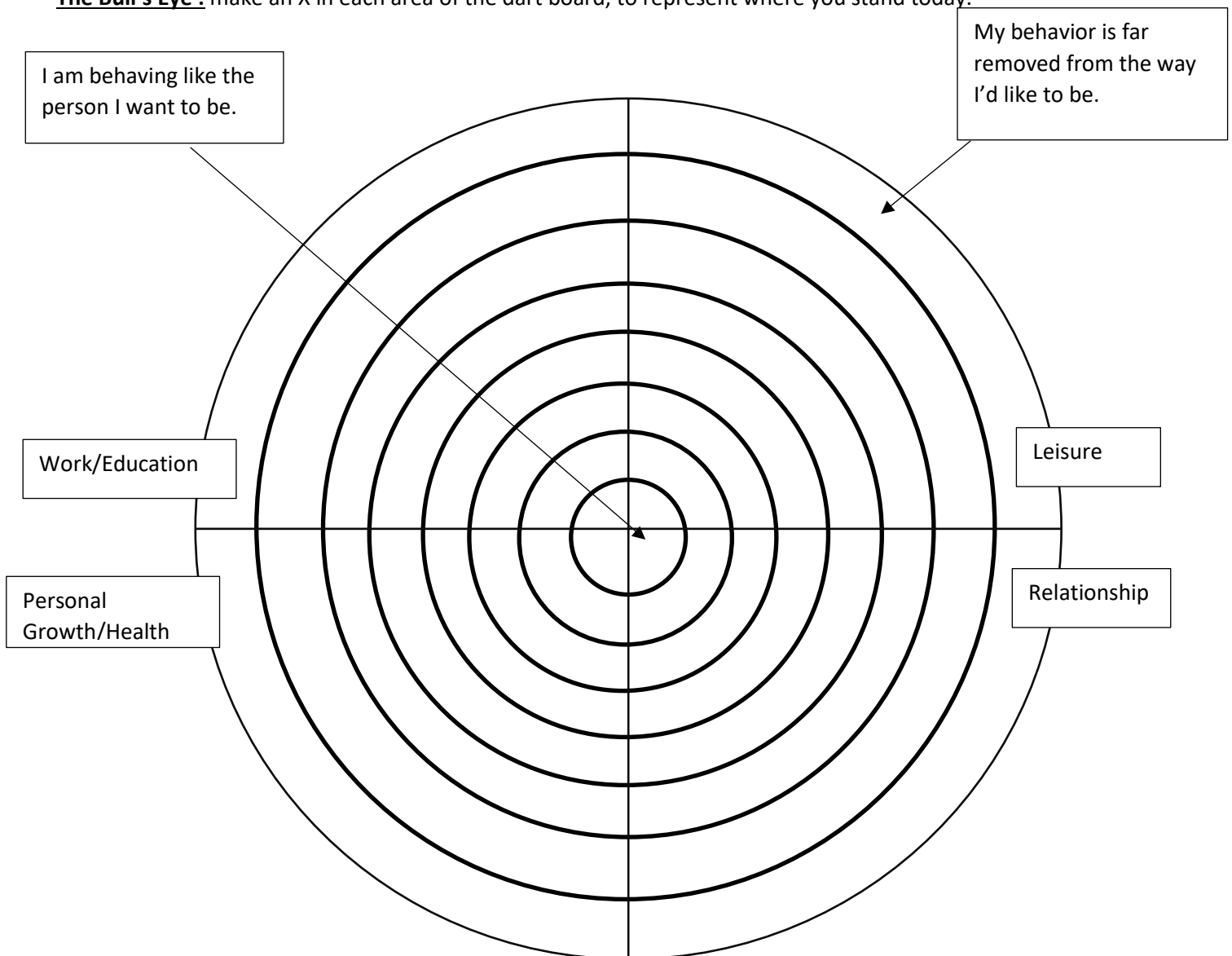
1. Work/Education: Includes workplace, career, education, skills development, etc.

2. Relationships: Includes your partner, children, parents, relatives, friends, co-workers, and other social contacts.

3. Personal Growth/Health: May include religion, spirituality, creativity, life skills, meditation, yoga, nature; exercise, nutrition, and/or addressing health risk factors like smoking, alcohol, drugs or overeating etc.

4. Leisure: How you play, relax, stimulate, or enjoy yourself; activities for rest, recreation, fun and creativity.

The Bull's Eye : make an X in each area of the dart board, to represent where you stand today.



HANDOUT WK 4 (S.M.A.R.T Goals – Trademark of the Meyers Resource Group In. 2007)

SMART Goal Setting Guide Sheet

The following are components of an effective goal – one that describes performance standards that will “tell us what good behavior looks like.” The SMART acronym can help us remember these components.

Specific - The goal should identify a specific action or event that will take place.

Measurable - The goal and its benefits should be quantifiable.

Achievable - The goal should be attainable given available resources.

Realistic - The goal should require you to stretch some but allow the likelihood of success.

Timely - The goal should state the time period in which it will be accomplished.

Here are some tips that can help you set effective goals:

1. Develop several goals. A list of five to seven items gives you several things to work on over a period of time.
2. State goals as declarations of intention, not items on a wish list. "I want to apply to three schools" lacks power. "I will apply to three schools," is intentional and powerful.
3. Attach a date to each goal. State what you intend to accomplish and by when. A good list should include some short-term and some long-term goals. You may want a few goals for the year, and some for two- or three-month intervals.
4. Be specific. "To find a job" is too general; "to find and research five job openings before the end of the month" is better. Sometimes a more general goal can become the long-term aim, and you can identify some more specific goals to take you there.
5. Share your goals with someone who cares if you reach them. Sharing your intentions with your parents, your best friend, or your teacher will help ensure success.
6. Write down your goals and put them where you will see them. The more often you read your list, the more results you get.
7. Review and revise your list. Experiment with different ways of stating your goals. Goal setting improves with practice, so play around with it.

My goal is to (be specific):

The values underlying my goal are:

The actions I will take to achieve that goal are (be specific):

The thoughts/memories, feelings, sensations, urges I'm willing to make room for (in order to achieve this goal):

- Thoughts/memories:
- Feelings:
- Sensations:
- Urges:

- It would be useful to remind myself that:

- If necessary, I can break this goal down into smaller steps, such as:

- The smallest, easiest step I can begin with is:

- The time, day and date that I will take that first step, is: