Goal Setting Guide
Ideas to Help You Follow Your Dreams

A Goal is a Dream with a Due Date
Goals can reflect your talent, purpose, and deepest desires.

Goals are something specific that you want.
They can be big or small, for now (short term) or for the future (long term), easy or challenging.

It all depends on what you really want.
So... What do you really want???

Ho`opa`a i nā pahuhopu
To set a foundation in order to move forward

Consider different kinds of goals to help you in all areas of life:

*Learning/Education Goals
*Exercise Goals *Nutritional Goals
*Employment/Career Goals
*Personal Interest Goals *Family Goals
*Goals for whatever you want to achieve...

Mana`o ~ Thoughts About Goals
1. OWN YOUR GOALS: Consider: Is this what you really want?

Attaining goals is easier if they are:
*SPECIFIC    *USEFUL      *MEASUREABLE
*YOUR PRIORITY AND COMMITMENT

2. BE REALISTIC AND A RISKTAKER:

*DID YOU KNOW:
*High School athletes who become college athletes: 7%
*College athletes who become pros: .045%
*High School athletes who do not become college or pro athletes: 92.955%

3. CREATE POSITIVE GOALS
   Consider these ideas:
   •Thoughts become things... pick the good ones!
   •Where intention goes, energy flows...”
   •“Focus and commitment lead to success...”

4. CHOOSE GOALS THAT WORK TOGETHER:
   *Write SHORT TERM GOALS that support LONG TERM GOALS.
   (Make sure your goals don’t conflict!)

5. MAKE A PLAN: Write it down to help you start.
   What can you do today? This week? This month? This year?

6. LOOK FOR SUPPORT: Who in your Circles of Support might help? Where else might you find help?
GOALSETTING

Name __________________________________   Date __________________

SHORT TERM GOALS

LEARNING/EDUCATIONAL GOALS: (in & out of school) For the next ___ days, I will:

1.___________________________________
2.___________________________________

Progress Check: Date_____ (What I’ve done:)

1.___________________________________
2.___________________________________

PERSONAL GOALS:
For the next ___ days, I will:

1.___________________________________
2.___________________________________

Progress Check: Date_____ (What I’ve done:)

1.___________________________________
2.___________________________________

LONG TERM GOALS

LEARNING/EDUCATIONAL GOALS: (in & out of school) For the next ___ months, I will:

1.___________________________________
2.___________________________________

Progress Check: Date_____ (What I’ve done:)

1.___________________________________
2.___________________________________

PERSONAL GOALS:
For the next ___ months, I will:

1.___________________________________
2.___________________________________

Progress Check: Date_____ (What I’ve done:)

1.___________________________________
2.___________________________________

SPECIFIC: clear, evident, obvious
MEASUREABLE: something you can assess or evaluate
REASONABLE: logical, practical,
USEFUL: functional, valuable, helpful, effective

HO’OPA’A I NĀ PAHUHOPU ~ To set a foundation in order to move forward
GOALS FOR THE DAY

Name ______________________      Date ___________

1. My personal goal for today is ____________________
   __________________________________________.
   It will help me _________________________________.

   ************

   How I did: _______________________________________
   _____________________________________________

2. My educational goal for today is __________________
   _____________________________________________.
   It will help me _________________________________.

   ************

   How I did: _______________________________________
   _____________________________________________

2. My educational goal for today is __________________
   _____________________________________________.
   It will help me _________________________________.

   ************

   How I did: _______________________________________
   _____________________________________________