

# Goal Setting

Prioritize Your Life One  
Goal At A Time!

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# What Is A Goal?

- Any plan that a person has a strong desire to achieve.
- A desired outcome that is the focus of a person's attention.



# Why Are Goals Important?

It helps us to:

- Convert ideas into achievable milestones
- Take control of our lives
- Manage our time productively and wisely
- Have a sense of purpose
- Stay positive and focused
- Succeed in our desires



# What Are Some Of Your Goals?

- Financial stability?
- Academic achievement?
- Career stability?
- Your own family?
- Owning a house?
- Most viewed tik tok?
- Most liked and followed IG page?
- Highest game score?
- Challenge King/Queen?
- Selfie King/Queen?



# Setting Goals Based On: Our Level Of Control Over Them.

## 1. Outcome Goals

- result oriented
- the desired result of a goal
- specific and clearly defined
- do not tell you how to achieve the goal
- you have no control over achieving this goal

## 2. Process Goals

- behavior oriented
- behaviors that increase your chances of attaining the goal
- helps to achieve outcome goals
- goals are within your reach

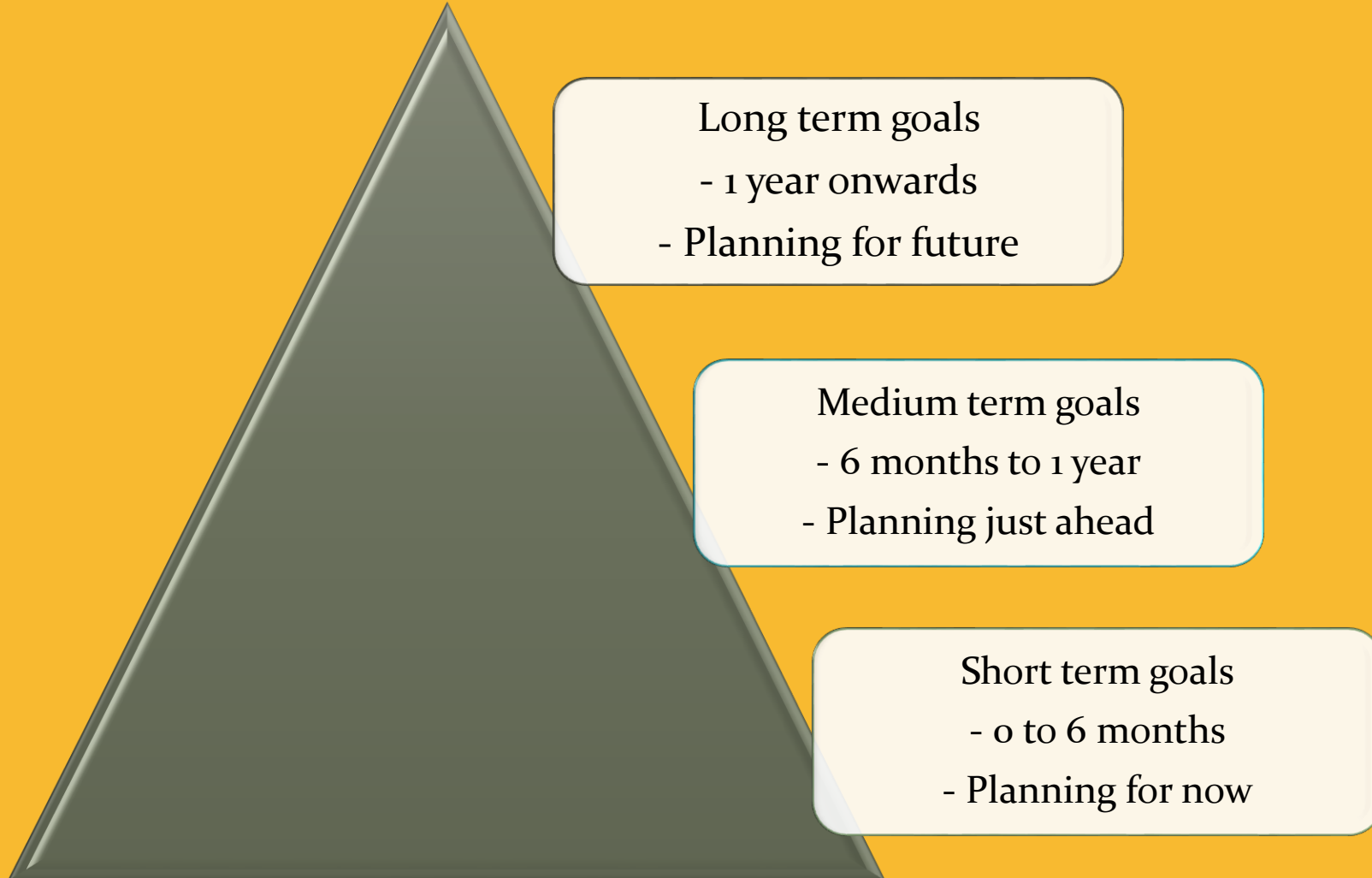
## 3. Performance Goals

- standard oriented
- outlines standards to reach your goal
- helps to achieve process goals
- goals are within your reach

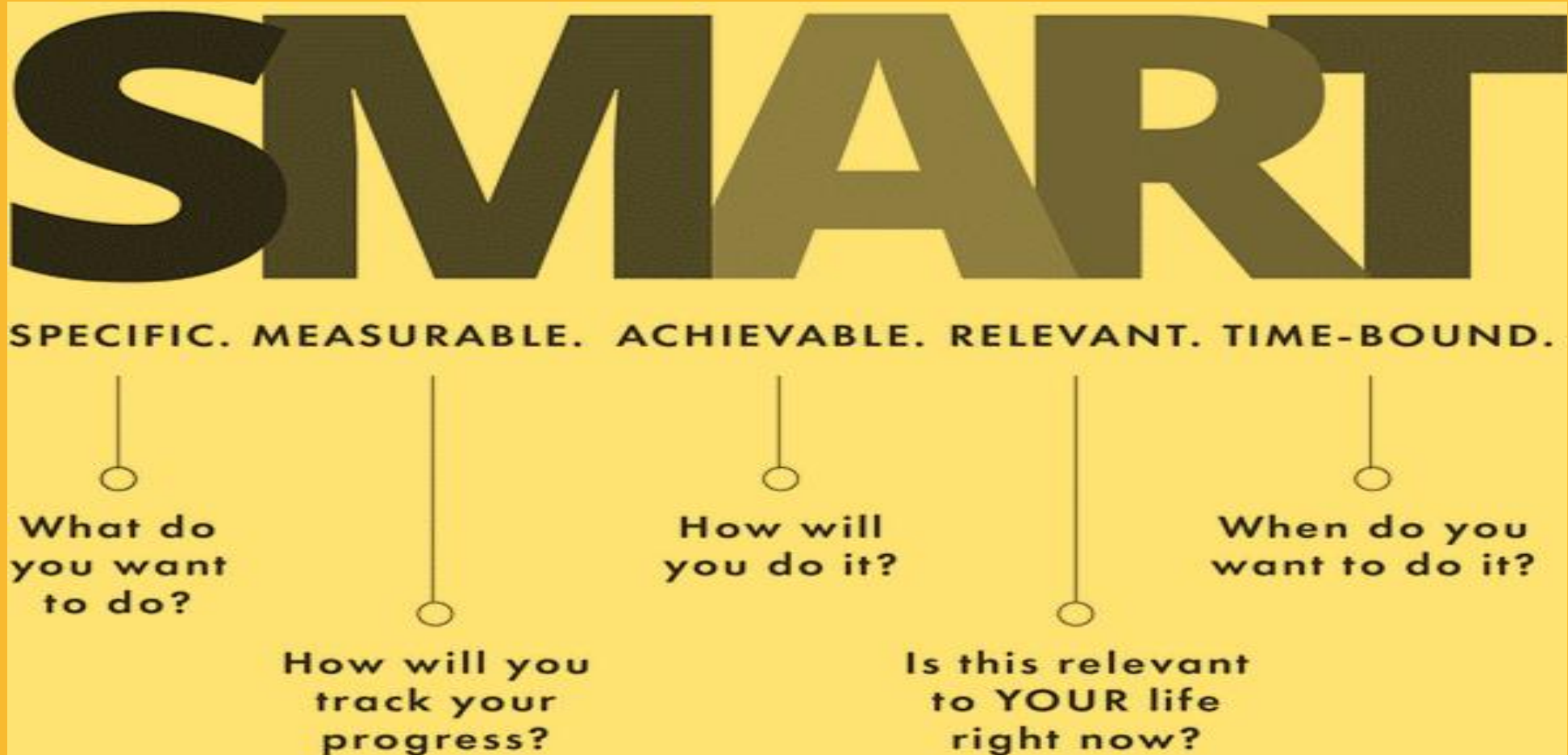
The most ideal goal, is to combine each of these. In so doing, you would have outlined:

1. What you want to achieve (outcome)
2. What you need to do to achieve this goal (process)
3. The specific steps you will need to carry out to achieve this goal (performance)

# Setting Goals Based On: A Specific Time Frame:



# Setting Goals That Are SMART.



# Let's Set That Goal Based On Our Control, Time and SMART!



1. Define a clear and specific goal
2. Define the behaviors you need to display to achieve that goal
3. Outline the specific steps you need to take to achieve that goal
4. Set a time frame for achieving that goal
5. Make sure you can track the progress of your goal
6. Ask yourself if that goal is relevant to your life



# How to Achieve Your Goals in 10 Steps

*YourTherapySource*

- 1 Take action.
- 2 Try hard.
- 3 Keep practicing.
- 4 Explore a different way.
- 5 Ask someone for advice.
- 6 Do your best.
- 7 Learn how others did it.
- 8 Build upon your strengths.
- 9 Review and fix mistakes.
- 10 Don't give up.



**THANK YOU!**