



Goal Setting

Where dreams take shape

What is a Goal?

- A goal is a dream with a deadline

BIG goals motivate us more than small goals.

- A new career
- A Better work/life balance
- A Promotion

Visualising our BIG goals helps to pull us along!

- My dream location
- My dream house

How to achieve your Goals

In 5 easy steps...

Step 1: Focus on your main goal. What do you want to achieve?

- I want to be healthier
- And have more energy

Step 2: Build your vision of achieving it...

- Be positive, but realistic...
- You can do this!

Step 3: Break it down...

- Break down your main goal into several smaller goals

Step 4: Make each of your smaller goals S.M.A.R.T.

- Specific – What exactly do you want to achieve?
- Measurable – How will you know you have achieved it?
- Achievable – Are you willing and able to work towards it?
- Relevant – Are you clear about why you want to achieve it?
- Time Bound – When do you need to achieve it by?

Step 5: Take action!

- For each of your S.M.A.R.T. goals
- Write out the steps required
- Take the required action
- Cross off each step when completed
- Review your S.M.A.R.T. goals frequently to make good progress

Each small step

- brings you closer to your goal

The difference between who you are and who you want to be, is what you do NOW... The beginning...

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