

GOAL SETTING

WHERE DO **YOU** WANT TO GO?

CIVIL
AIR
PATROL'S



RED RIBBON
LEADERSHIP
ACADEMY

**IF YOU DON'T KNOW WHERE YOU'RE GOING,
YOU MIGHT NOT GET THERE.**

YOGI BERRA
BASEBALL HALL OF FAMER



"Would you tell me, please, which way I ought to go from here?"

"That depends a good deal on where you want to get to," said the Cat.

"I don't much care where -" said Alice.

"Then it doesn't matter which way you go," said the Cat.

ALICE'S ADVENTURES IN WONDERLAND
LEWIS CARROLL



What kind of pizza will we have?

Pepperoni, thin crust

Pepperoni, deep dish

Cheese, thin crust

Cheese, deep dish

Meat Lover's

Meat Lover's, with anchovies

Meat Lover's, with Canadian bacon

Hawaiian

Veggie

Veggie, hold the onions

Veggie, hold the mushrooms

Veggie, extra peppers

White

Supreme, thin crust

Supreme, deep dish

Other



Specific

Measurable

Attainable

Realistic

Timely

ARE THESE GOALS SMART?

(1) By devoting more time to homework and studying for tests, I will raise my average grade from a C to a B.

(2) I'm a runner and I want to win a 1-mile race next weekend. I'll train by running 1-mile a day, everyday for the next week. As a result of my training, I'll lower my 1-mile run time from 11 minutes to 6 minutes.

(3) I want to be elected class president. The day before the election, I will mail a letter to each of my classmates' home address describing in detail my 10-point plan for making our class the best ever. When my classmates see this outstanding 10-point plan, they will want to cast their vote for me.

(4) Our gym teacher is awesome at free-throws in basketball. Any kid who can beat

him in a contest of 100 free-throws wins a trophy and bragging rights. To defeat our gym teacher, I will practice free-throws at my house from 4:30 to 5:00 pm every day for at least the next two weeks. When I am able to sink 80 free-throws out of 100, I will know I am ready to challenge my teacher.

(5) My parents promised to buy me a PlayStation5 Super Gee Wiz Gaming System if I make the honor roll this term. I usually earn A's and B's in every subject except math. To meet my goal, I will continue my homework and study habits as usual, except for math I will see my teacher on Mondays and Fridays after school for 15 minutes to get extra help with my homework. Half-way through the term, when progress reports come out, I expect to have a B average or better. If not, I will increase my tutoring sessions to three times a week.

Use your imagination. Think of two goals you want to achieve. They can be about anything.

Create a SMART goal for each.

When done, or if you need help, please raise your hand.





1

As a boy, Eric's goal was to fly.



2

So he became a CAP cadet.



3

His good grades lead him to the U.S. Air Force Academy.



4

As an Air Force officer, Eric flew the F-15 Eagle.



5

But even that wasn't exciting enough . . .

6

The kid who once dreamed about the Space Shuttle is its pilot!





3

His good grades lead him to the U.S. Air Force Academy.

You can accomplish anything if you have a plan and set your mind to it!



4

As an Air Force officer, Eric flew the F-15 Eagle.



5

But even that wasn't exciting enough . . .

