



Presents

GOAL SETTING FOR 2022!

 **Happy New Year!!**



“Setting **GOALS** is the first step in turning the **INVISIBLE** into the **VISIBLE**.”

Tony Robbins – Author and Life Coach

LESSON: If you can dream it, you can do it with the right plan.

WELCOME

Agenda

JANUARY'S THEME: GOAL SETTING

Goal Setting can be defined as:

- Visualizing and planning your future
- Establishing your intentions across different areas of your life
 - Focused motivation

- **Welcome and Updates (11 am - 11:05 am)**
- **Gratitude Reflection (11:05 am – 11:15 am)**
- **Session Discussion: Goal Setting (11:15 am - 11:35 am)**
- **Questions from Participants and Parents (11:35 am - 11:45 am)**
- **EKGs Emotions Check-in (11:45 am – 11:55 am)**
- **February Session: Understanding & Practicing Self-Love (11:55 am - 12:00 pm)**
- **Adjournment**

Motivation

Having your goals outlined will help you with working to accomplish them.

Future Planning

Setting goals based on specific timelines are great for future planning. What do you want to do tomorrow, next week or next month?

Improve Your Focus

An important part of setting goals is about helping to keep you focused. If you have a plan it is easier to not get distracted.

ANY QUESTIONS?

HOW TO SET GOALS

1. Decide on the area(s) of your life you want to FOCUS on – School, Career, and/or Social Life.
2. Consider the RESULTS you would like to see. What are you trying to achieve?
3. Outline SMART (Specific, Measurable, Attainable, Realistic/relevant, Time-specific) goals.
4. Write your goals down so you have an actual record for tracking your desired results. This is your ACTION PLAN with specific actions and dates for each goal.
5. Begin taking action. Remember, Rome was not built in a day. Your plan should have goals spread out across DIFFERENT TIMEFRAMES (short-term and long-term).
6. Regularly assess your PROGRESS and re-evaluate goals as needed. Change is good, so it is perfectly fine to adjust your goal if needed.

GOAL SETTING EXAMPLE

Career Goal

*SMART Goal (Jan. 31, 2025)	One-Week Goal (Jan. 29, 2022)	One-Month Goal (Feb. 26, 2022)	Six-Month Goal (July 31, 2022)	One-Year Goal Jan. 31, 2023)
To develop and publish a high fashion magazine for Caribbean designers in 3 years.	Research magazine development and publishing	Identify a mentor in the industry to learn more about the skills needed and the future scope	Research degrees/certification programs that will help learning to develop a magazine	Seek volunteer or internship opportunities in the industry to start real-world learning

- S** – Specific (or Significant).
- M** – Measurable (or Meaningful).
- A** – Attainable (or Action-Oriented).
- R** – Relevant (or Rewarding).
- T** – Time-bound (or Trackable).

GOAL SETTING GUIDING QUESTIONS

- Is my goal SMART?
- Why is this goal important to me?
- What possible problems may prevent me from achieving this goal?
- What overall timeframe do I need to complete this goal?
- What are the action items and deadlines for completing the goal?
- How will I know the goal is completed successfully?

EGGs Check-In

HOW ARE WE FEELING?

Scrambled- confused/overwhelmed

Fried- tired /exhausted

Hardboiled- confident/ready to take on anything

Poached- relaxed/cooling out

THANK YOU!

Our next meeting is scheduled for FEBRUARY 19, 2022
Theme: Understanding & Practicing Self-Love