

Setting professional and personal goals for your well-being in early childhood education.



<http://www.youtube.com/watch?v=Cij1trJm8Zc>

Facilitator



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Agenda

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Introduction

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Activity

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Why is it important to set goals?

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Using the SMART Lens Tool

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Visual Goal Board Activity

Activity

What are the three words that describe how you feel today? What three words describe how you're arriving today?



<https://www.menti.com/alfgerjgdabu>

Why is it important to set goals?



Examples of Career Goals

- **Improve classroom management strategies.**

"I will implement a new behavior management strategy, such as a positive reinforcement system, and track its effectiveness over the next eight weeks."

- **Seek additional professional development.**

"I will sign up for an early childhood education webinar or workshop every two months for the next year to stay up to date on best practices in Early Childhood Education."



Examples of Personal Goals

- **I aim to prioritize self-care routines.**

"I will set aside 15 minutes each morning to practice meditation - reflection or deep breathing exercises during the month of October to reduce stress."

- **I aim to establish healthy habits.**

"I'll pack a nutritious lunch the night before work at least 4 days a week for the next two months to keep my energy up throughout the day".

SMART Goal-Setting Framework

S Specific

M Measurable

A Attainable

R Relevant

T Time-limited



Vision Board Activity





Keep growing, Keep Shining 🌱

*Thank you for sowing the seed of intention
today.*

*May your goals flourish with purpose and
joy.*

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