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Army short term goals examples

Military short term goals examples. Short term goals for army.

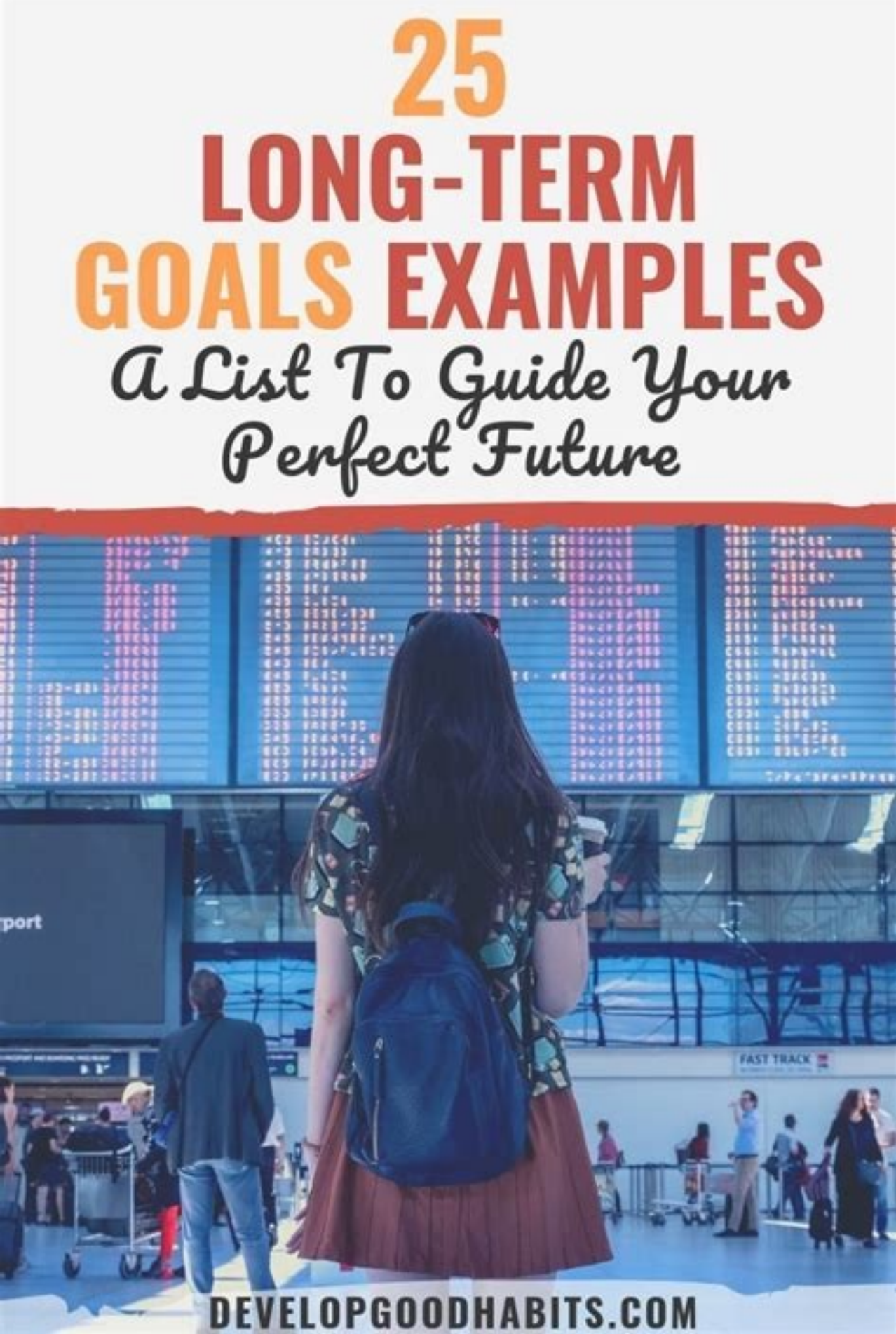
It seems like every year the world collectively makes the same goals. "I want to get healthier and work out more." "I want to be more organized and on time." "I want to be a better spouse/parent/employee." That's great folks, but let's get specific. With military life, being organized is a generality that cannot -- there, I said it -- cannot be done 100 percent of the time. Getting healthier? Isn't that everyone's daily idea until the end of time? No, for those living the military lifestyle, there are a few goals that not only make daily life easier, they prevent headaches months and months into the future. Trust me. 9 Military Life Decisions to Make Today 1. I will not make time specific plans for Friday night. If I do, someone will lose their night vision goggles (that should have been locked in a room at the motor pool) and the unit will be on lockdown for 32 hours. 2. I will buy travel insurance for any nonrefundable vacation/trip expenses. With the knowledge that no matter how carefully I plan, how many people clear my dates, or how early the leave form is signed, leave will be canceled if I don't purchase insurance. 3. I will inventory and photograph all new valuables we buy to make the inevitable PCS damage claims a breeze.



That way, one of two things will happen. Either we won't PCS or we will have a magical PCS where nothing valuable is broken and no claim will be filed. Always look for a way to out-trick Murphy. 4. I will plan for my service member to miss at least one family dinner each month because someone must complete an OPRD for an event that likely won't happen. Last year, my new year's resolutions included more sit down meals as a family. Let's play the odds this time. 5. I will keep my dress uniform correctly set up and dry-cleaned. Because the moment I don't, there will be a no-notice formal event with mandatory attendance. 6. I will have a ready-to-share Murphy's Law story.

| Long-Range | Short-Range | Nean-Term |
|--|--|---|
| Disseminate METL and battle tasks. Establish training objective for each mission essential task. Schedule projected major training events. Identify long lead time resources and allocate major resources such as major training area rotations. Identify available training support system products and services and identify new requirements. Coordinate long-range calendars with all supporting agencies to eliminate training detractors. Publish long-range guidance and planning calendar. Provide basis for command operating budget input. Provide long-range training input to higher headquarters. | Refine and expand upon appropriate portions of long-range plan. Cross reference each training event with specific training objectives. Identify and allocate short lead time resources such as local training facilities. Coordinate short-range calendar with all support agencies. Publish short-range guidance and planning calendar. Provide input to unit training meetings. | Refine and expand upon short-range plan through conduct of training meetings. Determine best sequence for training. Provide specific guidance for trainers. Allocate training support system products and services, including training aids, devices, simulators, simulations, and similar resources to specific trainers. Publish detailed training schedules. Provide basis for executing and evaluating training. |

Because the moment I feel like everything is under control something will go horribly wrong. And, never mention the phrase, "Well, this is going smoothly!" You. Will. RUIN. IT. 7. I will not articulate the fact that my spouse has not deployed, gone to a school or gone TDY during this assignment. Because then he will, over the weekend that one child has a soccer game at the exact same time the other has a dance recital and the car is in the shop. Murphy, Murphy, Murphy, you devil. 8. I will keep the kids' shot records up to date and a copy on hand. Because the version in Tricare's system is either incorrect or can't be read by my current clinic.



And no one needs an extra Chicken Pox vaccine. No, thanks. 9. I will keep a working set of clippers in the bathroom and a shaving kit in the car. Because that text message letting us know that there will be an inspection/visit from the General/leave is canceled will come in 15 minutes after the last barber shop within 20 miles closes. Whatever your goals for 2016 include, we know there are some aspects of military life that can't be avoided. Instead, we rely on flexibility and finding a more creative path to meet our goals! Story Continues For some of us, getting to the end of the year feels like we've run a marathon. We just want to rest before kicking off the new year. If you're transitioning out of the military, however, this isn't your finish line. Rather, the end of a calendar year means investing time and effort to set clear and measurable goals for the new year. As you articulate your goals, considering the long- and short-term needs for each allows you to put them into the larger context of your career and life, and then manage expectations along the way. Here's how long-term and short-term goals work to support a career path.

- Examples of Short, Mid, and Long Term Goals
- List 1: "Short term goals" (a few hours or a day).
- Eat ice cream
 - Play with pet
 - Read a book
 - Draw a picture
 - Do homework for tomorrow's class
- List 2: "Mid term goals" (a few days or a few weeks).
- Watch TV program
 - Read 1 book this week.
 - Paint my bicycle DAY-GLOW orange.
 - Work on a school project that will take several days.
- List 3: "Long term goals" (Months or years)
- Read 15 books this summer
 - Learn how, then go scuba diving
 - Learn how, then fly an airplane
 - Drive a car to San Francisco
 - Be a scientist
 - Be an actor in a stage play
 - Earn enough money to buy a bicycle

Career Goals Long-Term Goal Identify clearly what your ultimate goal is. What is the ideal state for your post-military career? Do you eventually want to own and operate a business? Clarify the type of business, whom you'd serve, and where you'd operate. For example, you might say your long-term goal is to "Own and run an environmentally responsible home construction company in the Dayton, Ohio area." Short-Term Goal You might currently lack certain skills or certifications to achieve that long-term goal, so short-term goals can help. For example, your short-term goals could include "achieve general contracting licensing, take courses online to learn sustainability and 'green' building, and pursue business education opportunities." You might also realize that hands-on experience would be helpful and set out to work for a construction company you respect, where you can either apprentice or learn firsthand how the business runs and what it takes to make choices that are environmentally responsible. In addition to what you can learn in your short-term goals, you might also examine your relationships and connections. You could set a goal to meet influencers in the sustainability field, connect with funding sources who back "green" construction, and find a mentor in the Dayton area who can show you the path to business ownership. These short-term goals are designed to feed into your long-term goal and provide a strategy to get there. Financial Goals Long-Term Goal To be able to own and operate a business, your long-term financial goal might be to have a certain income level, percentage of debt, cash flow and savings/investments to support your business, lifestyle and retirement plans. Clearly spell these numbers out and provide detail wherever possible. Short-Term Goal To support those financial goals, what do you need to earn in the coming year? How much will you need to save and invest? Take your larger goal and break it down into increments, using your knowledge and advice from mentors to create short-term financial goals and objectives. Personal Goals Long-Term Goal Since life is not all about work, consider what your ultimate personal goals are. Where do you and your family aspire to be in 15 years? 20 years? Create a vision for the lifestyle you desire, including vacations, housing, philanthropy, savings and time with friends and family. Again, the more specific you can be, the better. Short-Term Goal With those long-term goals clarified, what choices will you have to make in a new year to get there?

Short Term Goals

Short-term goals are ones you can accomplish in a year or less. These are specific achievements, such as completing a particular course.

Following is an example of a long-term goal and related intermediate and short term goals:

Example: **Short-Term Goals:**

- Major in psychology.
- Achieve at least a 3.5 grade point average for Masters.
- Volunteer work a peer counselor.
- Work as a research assistant.

Use in Organizations

Goal setting can also be a great benefit to your student organization. Encourage your group to write goals for themselves in the context of the organization and goals for the organization. Get together to formulate group goals. It is best to review your goals periodically depending on their focus.

If spending more time with your children is a goal, for instance, then would a job that requires travel work for you? If being able to have multiple homes in different places is your long-term personal goal, could you explore one potential location this year? Taking your long-term goal and creating shorter-term goals from it is helpful. Goal-setting is a process as individual as the people who set the goals. For some people, creating detailed spreadsheets, with multiple tabs and tables is how they manage their goals. For others, a visual -- like a vision board or photo of their dream home -- keeps them focused on what's needed to achieve those goals. However you set your own goals, thinking of long-term targets and then the smaller ones needed to get there helps the goals feel manageable.

Want to Know More About Veteran Jobs? Be sure to get the latest news about post-military careers, as well as critical info about veteran jobs and all the benefits of service. Subscribe to Military.com and receive customized updates delivered straight to your inbox. Story Continues With New Years just around the corner thoughts of resolutions are in the air! The following post will help you come up with just the right goal, the S.M.A.R.T. Goal, to make 2020 your fittest year yet! The term S.M.A.R.T. in regards to goal setting is an acronym for specific, measurable, achievable, relevant, and time-bound. Army personnel are already extremely familiar with exercising the utmost self-control when it comes to many ares of life. This is especially true regarding disciplined fitness regimes since military service often requires being at the top of your fitness game. If you are active military or working towards becoming a member of the military, our guide on setting SMART fitness goals will help you take your fitness game to the next level! Don't forget to research military discounts available that might help you to reach your S.M.A.R.T goals.

When incorporating the S.M.A.R.T. Goal method into your goal setting, you should make sure that your goals are specific -- this means that you should try to be as granular as possible when deciding on your goals. Some examples of specific goals are exercise 3 times a week, run three 5k's before the end of the year or even double your leg tucks from 2 to 4. It might even be a good idea to set group goals that follow the SMART method -- it is likely that your goals will closely align with other members of your troop and it could be beneficial for both setting and achieving your goals if you have other people to help hold you accountable. An example of a fitness goal that lacks specificity would be "exercise more frequently". The reason that specific goals are helpful in goal setting is due to the fact that it will be very apparent whether or not you are hitting your goals. There is no ambiguity in specific goals, making it harder to get out of hitting said goals. Measurable goals are goals that have tangible and identifiable metrics associated with accomplishing them. If you are effectively setting specific goals, it will be likely that these same goals are also measurable. The more specific your goals are, the easier it will be to measure. Achievable is likely one of the most important elements of setting SMART goals and is the one that most individuals are most likely to struggle with. This can be especially true if you're a member of the military since you are likely accustomed to setting lofty goals. While it is important to set goals that will challenge you and help you become an integral member of your military division and a reliable partner to have in the field, if we set our goals to high it can become unlikely that we will be able to realistically accomplish what we set out to do. One way to overcome this is to set both long-term and short-term goals. Setting long-term goals can help you feel like you are still setting ambitious achievements and you can use your short-term goals as the building blocks that lead you to accomplishing your more lofty dreams. Examples of achievable goals will vary depending on where each individual is at in their fitness journey and where they want to ultimately be. It's important to consider where you at currently with your health and exercise routine. For example, if you aren't currently working out, it would be difficult to achieve a goal of working out 5 times a week. A more achievable goal would be working on 3 times a week and work your way up to 5 workouts a week after a 3 to 6 months of sticking to your initial goal. It may be additionally helpful to incorporate a training plan into your goal setting. Relevant is the fourth metric used when setting SMART goals. When setting relevant goals, you should take into consideration how the goals that you set will help you reach your end goals. For example, if your ultimate goal is to join the Army Rangers, then you would want your fitness goal to be more relevant to increasing your physical abilities and maximizing your ACFT score. Time-bound is the last acronym for setting SMART goals. Time-bound will help you create and stick to a schedule. When your goals are time-bound it will help you to determine if you are on track to accomplish said goals by the set dates. Time-bound goals will also work to constantly remind you of where you wanted to be and by when. Setting time-bound goals is likely one of the easiest metrics to incorporate into your goal setting and can be added to current goals that you've already set by simply adding some sort of time restraint or end date for when you would like to accomplish a goal by. Now that we have a better idea of what SMART goals are and what it means to set SMART goals, let's breakdown the actual process of setting SMART goals.

The first step that you should consider is where your weaknesses are and what you want to end result to look like. Once you've identified both of these things, you'll need to decide on your timeline. Now that you've established where you are currently at, where you want to be and when you want to accomplish each of these things by, you are ready to start setting your goals.

Regardless of what your goals are, prioritizing a good night's sleep should be one of the foundational elements of your plan. While members of the military struggle to get an adequate night's sleep, often because of the expectations of the job duties, it is important that when you are off the clock you are prioritizing your sleep. The reason for this is because getting a regular night's sleep as often as you can will help you stay on track with your fitness goals. It is recommended that adults get between 7 to 9 hours of sleep a night. If getting a good night's sleep is truly out of the question for your schedule because of your military responsibilities, you may want to explore resources around adjusting to a new sleep schedule. You may want to consider incorporating naps into your schedule or creating a bedtime routine that will help you prioritize restful sleep. Restful sleep is required for muscle recovery and generation. Next start prioritizing the areas of your fitness goals that will result in physical gains.

Start by setting a five year and a one year goal. Your five year goals should be ambitious and sky-high as you could possibly imagine. Think of all the things you could possibly want out of your physical health and set those as your five year goals. While you may not accomplish these exact goals, you will have an opportunity to reassess your five year goals every year and adjust accordingly. After setting your five year goals, it's time to set your one year goals. Your one year goals should still feel mildly ambitious but they should be considerably more realistic. A good rule of thumb is to set goals that you are confident you could accomplish at around 80-90% completion. That way you'll have to push yourself to complete your goals at 100% but can still feel accomplished by confidently completing the majority of your goals.

Once you've set your one year goals, you should set weekly, bi-weekly or monthly goals. You can also set each of these goals on a monthly basis but pick a schedule that is most realistic for your personal circumstances. Your weekly, bi-weekly or monthly goals should be very achievable and should strictly adhere to each of the SMART goal metrics. Each month that you accomplish these short-term goals, you should increase the difficulty by 10-20% for the following month. Look at your initial monthly goals and take into consideration whether or not you would be able to accomplish your yearly goal if you increased your initial goals by 20% each month. If you cannot accomplish your yearly goal with a 20% increase each month, you should consider reassessing your yearly goal. In addition to use the SMART methodology, you should also explore ways that you incorporate data into your goals. Incorporating data into your goals will help you to set increasingly measurable goals and will make it easier to identify whether or not you are on track and sticking to goals.

Although setting goals and working towards being in your physical prime can seem daunting, as you continually set and accomplish new goals each month, you'll feel reinvigorated about what you are capable of. One of the biggest benefits of setting short-term goals is that you'll have a more immediate sense of gratification since you won't have to work toward something for an entire year to feel that you've accomplished a goal that you set for yourself.

Find a network of people that can work towards supporting you, create your game plan and get out there and crush your S.M.A.R.T. Goals! Noelle Fauver is a contributing editor for 365 Business Tips. She has a B.A. in Communication Studies from California State University, Northridge and experience in marketing, finance, and small business management. She volunteers on the board of the San Diego American Marketing Association as the Event Experience Chair to help local marketers in the area develop their professional repertoire and connect with other professionals. She loves curling up next to the fire with a good book on a rainy day with a bowl of homemade soup. But most of all, she loves writing great content. A portion of net profits are returned to the Army Emergency Relief Fund. Veteran owned and veteran run. Rapid turn around. If you ask for a quote or place an order I'll usually get back with you in 4 business hours. Our business is set up to supply the Military for the new ACRT. I know the requirements and have relationships with the suppliers Expedited shipping available. Able to accept GSA purchase cards, purchase orders, and convenience checks. Able to bid on large contracts through FedBid.com or FBO. If you live in San Diego I'll personally drive the gear to you. Free T-Shirt Guarantee -- If this is not the easiest supply purchase you've ever done I'll send you a free T-Shirt. Price Match Guarantee -- If I can't match a competitors price I'll send you a free T-shirt just for trying. (provide your size). ACFT Infograph