

First Name _____ Last Name _____

Office Use only: Date Received

Learning Points

- Identifying my goal
- Making my step journey to get there
- Who is my support group?
- Types of obstacles I may run into & how to plan for them
- What will keep me motivated?

What does a goal mean to you? _____



How to set smart goals

- **S** Specific – highly detailed statements on what you want to accomplish (use who, what, where, how etc.)
- **M** Measurable – how will you demonstrate and evaluate how your goal has been met?
- **A** Attainable – they can be achieved by your own hard work and dedication – make sure your goals are within your ability to achieve.
- **R** Relevant – how does your goals align with your objectives?
- **T** Time based – set 1 or more target dates; these are the “by when’s” to guide your goal to successful and timely completion (includes deadlines, frequency, and dates)

Activity 1:

Directions: After reading about making a **smart goal** I want you to think to yourself if you knew you could not fail, what would be your goal that you would want to meet. Keep in mind that this goal needs to be **specific, measurable, achievable, realistic, and timely**. List at least (5) random **Specific Goals** that would take you 5 years to achieve.

1. _____
2. _____
3. _____
4. _____
5. _____

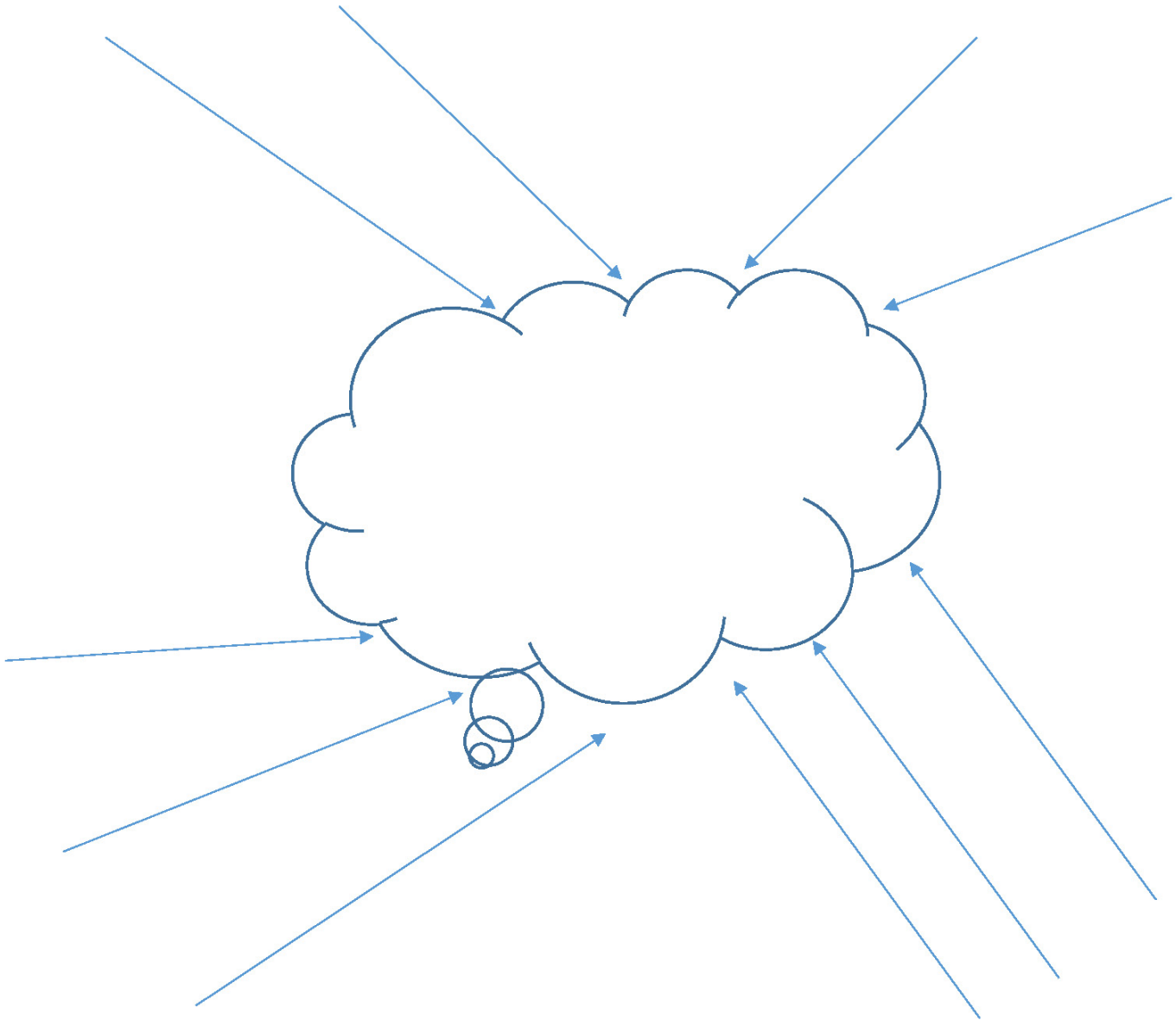


Ideas

- Academic achievements
- Competitive sports
- Graduating High School
- Owning a vehicle
- Living on your own
- Find a job that I plan on keeping for a few years.
- Being the ideal candidate for competitive scholarships.
- Graduating College

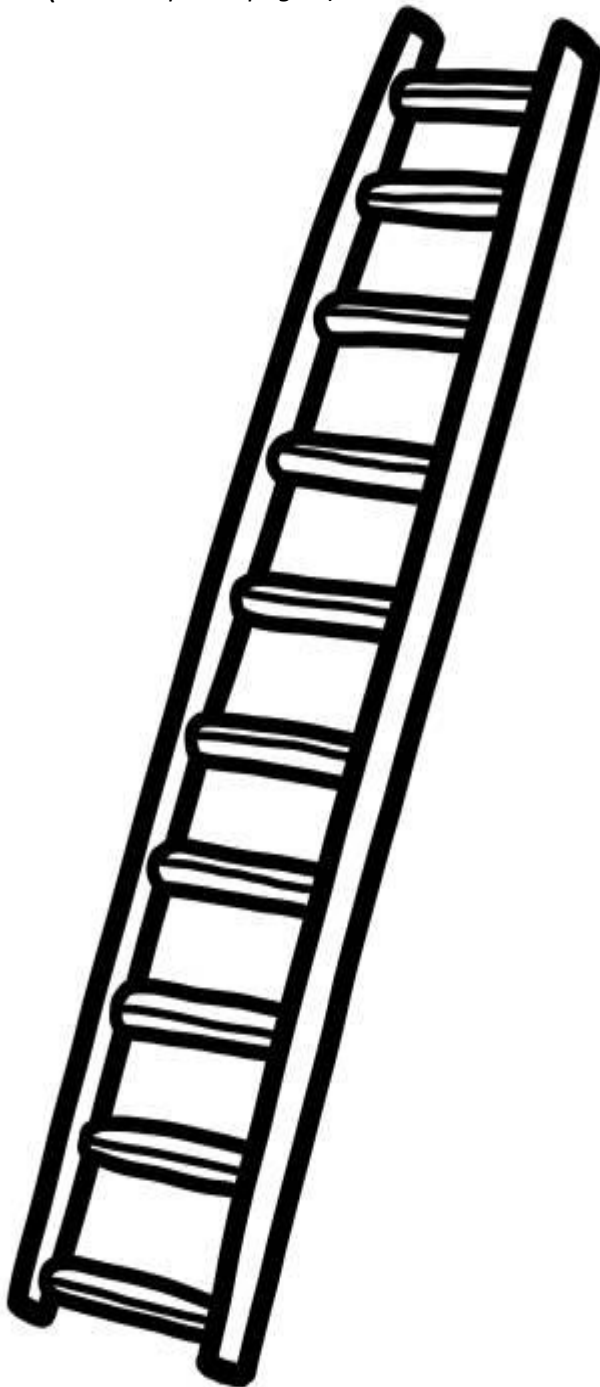
Activity 2:

Directions: After listing your ideas of **Smart Goals**, it is now time to selectively pick the one that is the most important to you and write it inside of the cloud. Then start brain storming ideas on how to achieve that goal on the arrow lines. Your thoughts do not have to be in order, as long as you're listing ten steps to reach your goal.



Activity 3:

Directions: After completing **Activity 2**, it is now time to put your list of steps in order on the ladder lines to complete this activity. Step 1: write in your **Smart Goal** on the top of the ladder line. Step 2: start from the bottom and list the steps to get there. Use each line as a step goal to complete within the years indicated (See example on page 5)



Smart Goal: _____

Year 4.5: _____

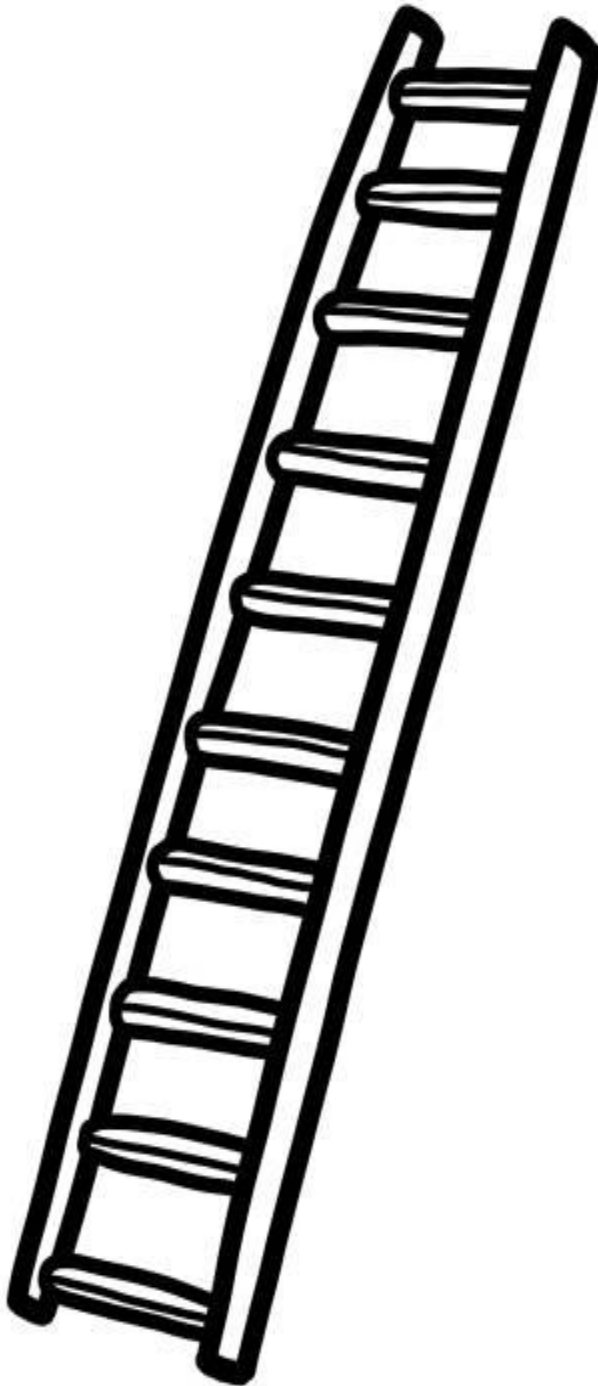
Year 4: _____

Year 3: _____

Year 2: _____

Year 1: _____

Example of a Goal Ladder



Smart Goal: Being the ideal candidate for competitive scholarships

Year 4.5: Research all the possible scholarship opportunities and make sure that I meet their deadlines

Pick up extra credits in High School so that I can graduate early

Year 4: Start taking college classes

Research essay examples to help shape my essay ideas

Year 3: Talk to my guidance counselor about scholarship and college options

Being a part of a non-profit organization

Year 2: Join clubs

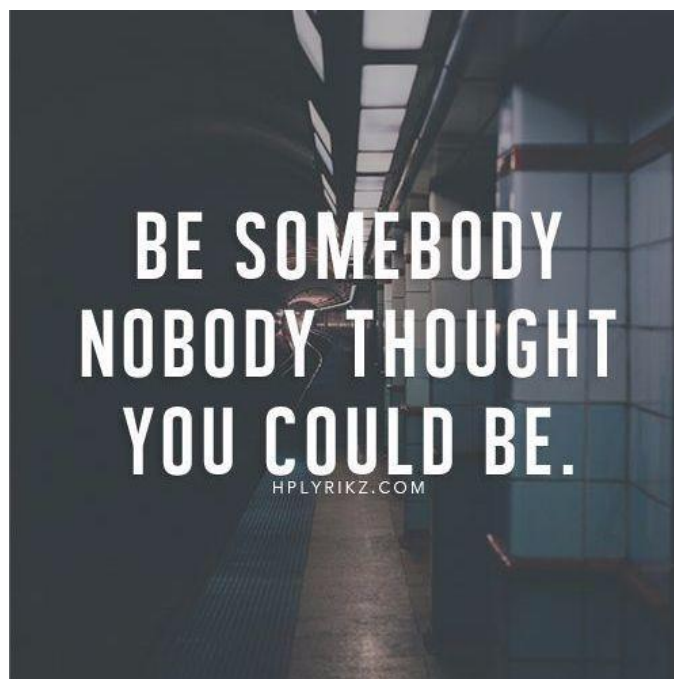
Volunteer as much as I can

Year 1: Find a hobby that I enjoy doing that could benefit my community

Do my best in all my classes

Ways to Stay Motivated When You Lose Focus

1. Remember why you started
(Vision your end goal)
2. Give yourself credit
(You did something you never done before)
3. Reward yourself
(You stepped out of your comfort zone)
4. Take it One Day at a time
(Greatness takes time)
5. Surround yourself with Positivity
(Remove all negative distractions)
6. Acknowledge your progress
(Slow progress is better than no progress)
7. Do not compare yourself to others
(It is you VS you)
8. Believe in yourself
(Repeat after me I CAN DO THIS)



Strengthening Your Support System

One of the secrets to having a happy life is to have positive connections with other people. Here are some tips to help you build a strong personal support system.

- **Take an interest in other people**
Try to have meaningful conversations and spend quality time with neighbors, co-workers, and other people you interact with on a frequent basis.
- **Get involved**
Join a group or community organization that shares your goals, beliefs, hobbies, or interests.
- **Become a good listener**
Personal support systems are two-way streets. Listening tells others that you are genuinely concerned about them and value your relationship.
- **Accept help**
Even if you may not need assistance, welcome the help that others offer; do not deny them the great feeling of being useful to you.
- **Swallow your pride**
Remember that it is OK to not be OK. Resist the urge to always put up a strong front and realize that true strength comes from not being afraid to ask for help.
- **Turn to family and friends**
Be willing to confide in others whom you can trust. No one can help you with challenges that you do not share.
- **Support others**
As the old saying goes, we reap what we sow. Helping others to bear their burdens puts them in a better position to help carry your load.
- **Practice forgiveness**
People make mistakes. Some of the strongest personal connections arise when you reconcile relationships instead throwing in the towel. Give others the chance to redeem themselves.
- **Do not take others for granted**
It is one thing to ask for help from time to time: it is another thing to be needy. Use discretion when asking for favors and do not become a constant bother.
- **Pay it forward**
Foster opportunities for others and allow them to grow with you. Make your support system a win-win relationship.
- **End toxic relationships**
You cannot make people change around, but you can change the people around you. Surround yourself with people that appreciate you, love you, and make you feel encouraged.

Activity 4:

Directions: After completing **Activity 1-3** it is now time to ask yourself the following questions to help keep yourself focused and prepared for obstacles.

1. What is my Smart Goal? _____
2. How will this goal benefit me? _____
3. What will keep me motivated? _____
4. Who will support me to reach my goal?
 - a. _____
 - b. _____
 - c. _____
 - d. _____
5. List five challenges that I may experience while trying to obtain my goal.
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
6. For each challenge that I listed, create a plan that I can follow to help stay focus.
 - a. _____

 - b. _____

 - c. _____

 - d. _____

 - e. _____

Survey

1. Which week did you learn the most from?
 - a. Week 1: Tackling the Tough Skills?
 - b. Week 2: Learning How To Sell Myself?
 - c. Week 3: Looking into my future?
 - d. Week 4: How Far Will Your Pay Check Take You?
 - e. Week 5: What Would You Do If You Knew You Couldn't Fail?

Why?

2. What challenges did I experience throughout this program?

3. How can the YOUTH PROGRAM assist you with these challenges?

4. Should the program be offered again; what TOPICS can the YOUTH PROGRAM offer?

5. Were the FB Live Trainings helpful? Yes No

How can we improve the trainings?
