Goal Setting

OASC Session 1 2012
Abdiaziz Guled and Adam Eldridge
SMART Goals

- S – Specific
- M – Measurable
- A – Accountable (Achievable, Attainable)
- R – Realistic
- T – Time Sensitive (Timely)
What are the roadblocks to reaching goals?

- Too many
- Unrealistic
- Lack of accountability
- Change can be hard
- Fear
- Motivation
What Motivates You????

- Matt Foley?
Motivation

- Incentives
  - Money
  - Food
  - Clothes

- Fear
  - Failure
  - Disappointment
  - “Getting Caught”

- Love
- Fame
- Loss
Visual Representations

- “See” your goals
- Dream Boards
- Posted in your ASB/Council Area
- Kite Activity