

Cassadaga Valley Central School District

GOAL SETTING



“What you get by achieving your goals is not as important as what you become by achieving your goals.”
- Henry David Thoreau

Ah, another new year and a time to set some resolutions. People can have differences of opinions when it comes to resolutions. Are resolutions good? Are they bad? Do they set you up for failure? Do they set you up for success?

What if we changed the word resolution to goal? How would we view it? Does the word goal hold the same negative viewpoint as a resolution?

Why do we set goals? How do we set goals? Is there a method to assist in this process?

| | |
|----------|---|
| S | Specific Clearly State your Goal |
| M | Measurable Ensure you can Measure Success |
| A | Attainable Set Goals you know you can Achieve |
| R | Relevant Set Goals Relevant to your Career or Education |
| T | Time-Based Set a Deadline for Completion |

HOW DO I START TO SET GOALS?

1. *Decide:* what do you want to do/achieve? Do you feel excited by it? Is it big or small?
2. *Write it down:* Writing down increases the chance that we will get it done. Write how you will know you reached the goal and what it looks like, and how you will feel when it is done.
3. *Tell someone:* Telling someone helps to increase accountability that it will get done.
4. *Break the goal down:* Think of smaller goals that may help the bigger goal be reached. This helps to be more specific, and helps us to feel success along the way as we achieve these small goals.
5. *Plan your first step:* What do you need to truly get started?
6. *Keep going:* Don't let the roadblocks get in the way. Adjust as needed. Take breaks as needed. You got this!

SMART GOALS... WHAT ARE THEY?

One method that can be used to help write goals is following the SMART goal outline. SMART is an acronym that stands for Specific, Measurable, Attainable, Realistic (relevant), and Time Based.

To assist in making these goals specific, it may help to use the 5 W's:

1. **Who:** Who is involved?
2. **What:** What do I want to accomplish?
3. **Where:** Where will this goal be achieved?
4. **When:** When do I want to achieve it?
5. **Why:** Why do I want to do it?

To make a goal measurable, it helps to have criteria such as how much, what is my indicator of progress? Achievable goals will have resources and capabilities to make it happen. A goal will be realistic if it can be accomplished, and Time Based (timely) will have a deadline of when to achieve the goal.

An example of all of this would be: *“ By February 1st, I will have a gym membership. In order to be healthier, I will work out five days a week and I will aim to lose one pound of body fat every week. By March, I will lose 4 pounds.”*



“Most impossible goals can be met simply by breaking them down into bite-size chunks, writing them down, believing them, and going full speed ahead as if they were routine.”

-Don Lancaster

Links & Resources

[Goal Setting Worksheets](#)

[SMART GOALS](#)

[SMART Goal Examples](#)

[Psychology of Goal Setting](#)



Brought to you by:

Ryan M. Smith, LCSW
School Social Worker
Sinclairville Elementary School

Emily Pleszewski, LCSW, Master
CASAC
School Social Worker
Cassadaga Valley Middle High School