

Tips for Developing and Successfully Meeting Goals Skill Card 25

[Decision Making & Personal Problem Solving Module](#)

Setting Goals is Important Because:

1. Goals give direction and meaning to our lives
2. Goals give us something to strive for
3. We gain a sense of satisfaction and accomplishment when we meet our goals
4. Goals help us become the person we want to be
5. Accomplished goals can serve as guideposts to measure how far we have grown physically, emotionally, socially, intellectually, financially, and spiritually.

Healthy Goals

We can increase our chances of successfully meeting our goals if our goals meet the criteria for healthy and effective goals outlined below.

Healthy Goals Meet the Following Criteria:

1. The goal matches/helps me reach most of my short-term goals.
2. The goal matches/helps me reach most of my long-term goals.
3. The goal is consistent with my values and rules.
4. The goal is consistent with my family values and rules.
5. The goal is emotionally, socially, and physically healthy for me.
6. The goal is emotionally, socially, and physically healthy for others.
7. The goal is ethical.
8. The goal is legal for me to do.
9. I have all the facts and information I need to develop this goal.
10. This goal is good for me, and I have the facts to support it.
11. I feel this is a good goal for me.

Criteria for Setting Effective Goals: An effective goal is:

1. **Believable & Achievable:** You must believe you can achieve your goals with your given strengths and abilities and within your set timeframe.
2. **A Stretch for You.** Goals should neither keep you in your comfort zone nor push you into your panic zone.
3. **Controllable.** If your goal includes anyone else's involvement, you must obtain the other person's permission.
4. **Measurable.** Your goal must be stated to be measurable in time and quantity. For example, if you want to get better grades in several or all of your courses, you need to state precisely what your grades will be in those courses.
5. **Specific.** If you want to get an “A” in math, English, and Health, you need to state precisely what you will do (or do differently) to get an “A” in those courses. For example, I will complete all work to an A standard for all assignments and turn them in on time. I will review class work, readings, and notes from that day every night. I will study for at least 30 minutes for all tests, beginning a minimum of 4 days before the test.
6. **Desirable.** Your goal should be something you really want to do.
7. **Growth Facilitating.** Your goal should never be destructive or dangerous to yourself, others, or society.
8. **Avoid Goals You Do Not Have Control Over or Depend on Others To Reach the Goal.** Examples include winning a championship, scoring many goals or baskets, or some other accomplishment you cannot completely control. Instead of setting a goal of how many goals or baskets you will score, develop a goal for a specific skill you will work on, how many minutes you will work on that skill, and how many days per week you will work on that skill.

For Goals That Involve Doing The Same Behavior Regularly, Apply The ABC Model of Behavior Change

1. When Possible, Do Behaviors on the Same Days of the Week at the Same Time of Day
2. Rewarding Your Successful Behavior When You Stick to Your Plan
3. Getting Social Support from Friends and Family (Social Support) Can Help You Meet Your Goals
4. Use a Self-Monitoring Chart to Record Your Behavior

See the (ABC) Model of Behavior Change Reading ([Decision Making & Personal Problem Solving Module](#)) for an explanation of how these principles can be used to start positive behaviors and to stop harmful habits.