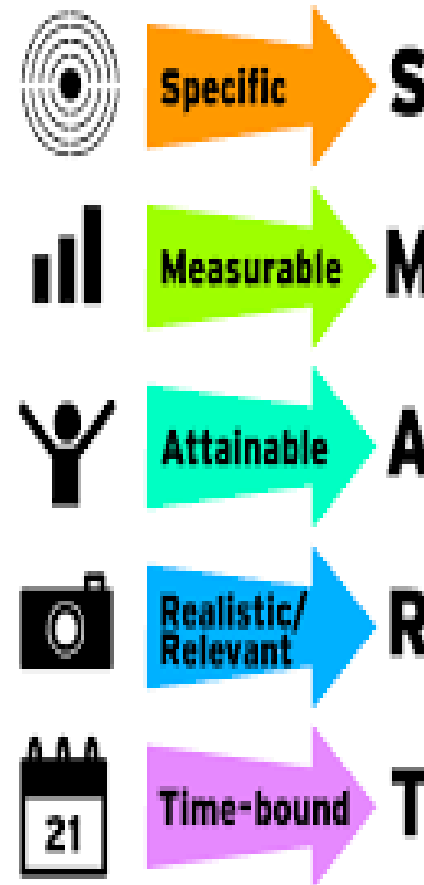




Marie S. Hall

Outcomes for this Course

1. I can make a specific and measurable goal.
2. I can understand how to make a goal that I can reach.
3. I can follow a plan that is realistic and timely to reach my goal.



WHAT ARE
YOUR
GOALS?



**"No matter what I do, I ask
myself three questions: What do
I want? Why do I want it? And
how do I get it?"**

**Stacey Abrams, "3 questions to ask yourself about
everything you do"**



Smart Goals

SMART
goals

FLIKLI



Creating **SMART** goals



Specific

Measurable

Attainable

Realistic

Timely (and Tangible)

Crafting **Specific** Goals

Developing a defined specific goal gives you an opportunity to actually reach it.

General:

I will write a book.

Specific:

I will write a book in six months by writing 30 minutes everyday.



Crafting **Specific** Goals

Let's use the "5" W's to develop our SPECIFIC Goal for writing the book

Who: Who is involved? (Will it be just you, an editor, etc.)

What: What do I want to accomplish?-it's ok to be detailed (A finished manuscript)

Where: Identify a location. (Where will the writing take place?)

When: Establish a time frame. (6 months, 30 minutes a day)

Which: Identify requirements and constraints. (Work, kids, etc.)

Why: Specific reasons, purpose or benefits of accomplishing the goal.

(This book will support African-American boys develop self-esteem and self-worth).



Crafting **Measurable** Goals

Establish concrete criteria for measuring progress toward the achievement of each goal you set.



When you measure your progress, you **stay on track**, reach your **target dates**, and **experience the excitement of small accomplishments** that encourages you to continue to reach your goal.



Crafting Measurable Goals

- As the “M” in SMART states, there should be a source of information to measure or determine whether a goal has been achieved.
- The M is a direct (or possibly indirect) gauge of what success for a particular goal will look like.

To determine if your goal is measurable, ask questions such as:

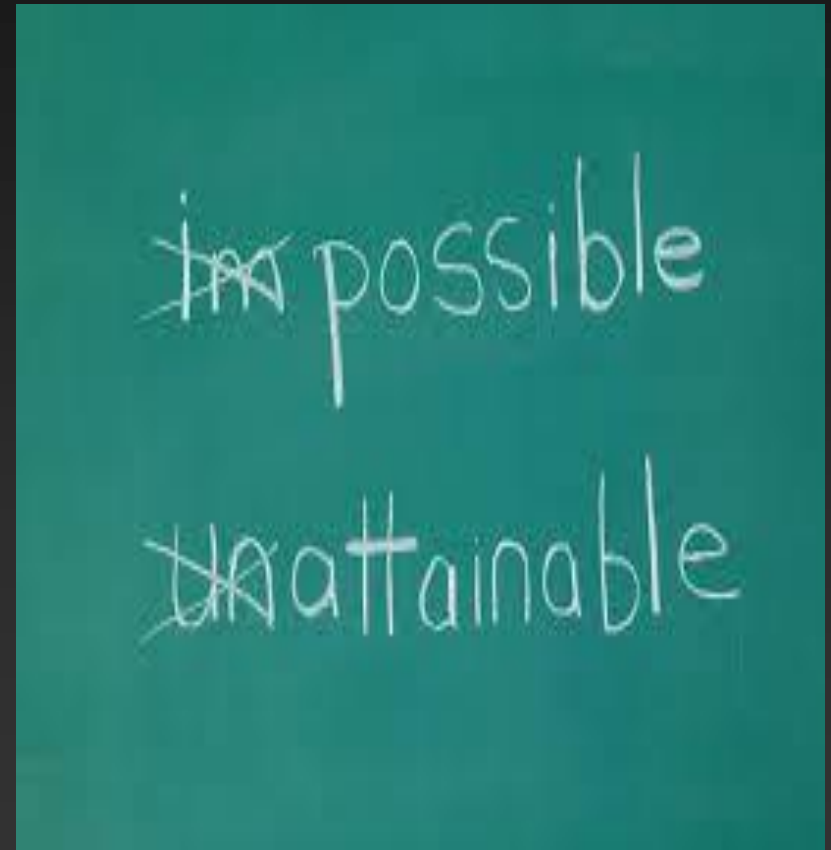
- How much?
- How many/long?
- How will I know when it is accomplished?



Crafting Attainable Goals

When you identify goals that are most important to you, you begin to figure out ways you can make them come true.

You acquire the **attitudes**, **abilities**, **skills/tools**, and **capacity** to reach them. The things you **disregarded** before become **new opportunities** to bring yourself **closer** to the **achievement** of your **goals**.



Crafting **Attainable** Goals

- All **GOALS** are attainable with proper planning and creating a time frame.
- Goals that **were so far-fetched** and seemed unreachable **become closer and more tangible**.
- Goals that may have **seemed far away** and out of reach eventually **move closer and become reachable** because of having a growth mindset. Your goals didn't shrink, but **YOU grow and develop to match them**.



Crafting **Realistic** Goals

To be realistic, a goal must represent an objective toward which you are both **willing** and **able** to work.

Goals should be high level enough to incorporate the outcomes for which you want to accomplish, but specific and clear enough so you will be able to measure success.



Crafting **Realistic** Goals

To determine if your goal is realistic,
ask questions such as:

- Do I truly **believe** that it can be accomplished?
- Can I reach the goal in the **timeframe** given?
- Do I have **checkpoints** in place? Is it **measurable**?
- Can I **recognize** the **circumstances** that would have to exist to accomplish this goal?



Crafting Timely Goals

A goal should have a specific time frame. With no time frame tied to it, there is no sense of urgency or commitment.

When do you want to accomplish your goal? “Next year or Someday” won't work. But if you anchor it within a timeframe (“by June 28, 2021”), now you have set your mind on the goal and will be more apt to complete it.



T can also stand for **Tangible Goal**

A goal is tangible when you can **taste, touch, smell, see, or hear it.**

When your goal is **tangible** you have a better chance of making it **specific** and **measurable** and **attainable.**





Failure isn't in not reaching your goal
but in having no goal to reach.

— Benjamin E. Mays —

AZ QUOTES



Remember To Craft **SMART** Goals



Specific

Measurable

Attainable

Realistic

Timely (and Tangible)



SMART GOALS

“Goal setting is your road map to success without it you are just going to and fro with no end in sight”. *Marie S. Hall*



THANK YOU FOR PARTICIPATING IN THIS WEBINAR



@marie_s_boatwright
@rubymaclearningacademy

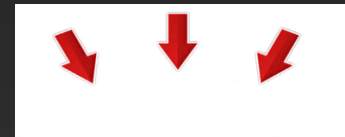


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