Life goal setting

AIM:

Empower individuals to be able to map out short, medium and long term life goals.

1. What is a life goal

A life goal, or simply just a goal, is something you wish to achieve whether it is returning to school, finishing VCE, getting a job you like, or even saving for a car.

A goal can be measured in terms of a short, medium and long term goals.

A short term goal is something that is achievable now such as re-enrolling in school to achieve your long term goal of completing VCE, or to start a budget to save for a long term goal such as buying your first car.

A medium term goal is something that follows on from the short term goal which is like the half way mark to achieving your long term goal. For example, you are enrolled in school but are still attending daily and completing all your homework and assignments on time, or you created a personal budget for yourself and are sticking to it by continuing to save.

A long term goal is measured by the success of your 'short and medium term goals' i.e, you went on to successfully complete VCE or you saved enough money to purchase your first car.

2. The importance of having life goals

Everyone has goals in life that they wish to achieve. Having those goals clearly set out and made clear from the start can assist you to keep focused on what it really is that you want, and how you are going to go about achieving them.

3. How to identify your life goal

An easy and practical way to identify what your goals are in every area of your life is to sit down in a quiet space and write down what you would like to change and/ or achieve in each of the following areas (which can be added to or changed according to your personal circumstances). Then identify whether they are short, medium or long term goals.these points:

SHORT:	Can be achieved now
MEDIUM:	Is the progress measured between a short term and long term goal
LONG:	Will be achieved with a process involved
FAMILY:	Spend more time with siblings (long term goal)
FRIENDS:	Saying 'no' to my friends when I don't really want to do something they want me to (short term goal)
EDUCATIONAL:	Complete my VCE (long term goal)
CAREER:	Find a job I enjoy (long term goal)
FINANCIAL:	Have more money and not be in debt with everyone I know (long term goal)
HEALTH:	Exercise daily (short term goal)
PERSONAL:	Volunteer at a charitable organisation (long term goal)
SPIRITUAL:	Learn more about 'other' spiritual beliefs (long term goal)
OTHER:	Watch less TV (short term goal)

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4. How to set your life goals and the main steps to reaching them

An easy formula to remember when breaking down each long term goal and to ensure you achieve your goal is to use the **SMART** formula below.

SMART GOALS

- SPECIFIC — What **specifically** is it that I wish to achieve?
- MEASUREABLE — How can I **measure** my progress to achieve my goal?
- ACHIEVABLE — If I'm serious about this, is it **achievable**?
- REALISTIC — Is this something that is **realistic** for my life at the moment?
- TIMED — What **timeframe** do I allow to reach my goal?

The **SMART** Goals formula can be used for all areas of life goal setting including financial goals.

WRITING UP AN INDIVIDUAL GOAL PLAN USING SMART GOALS

How to write your own Smart Goals (some suggestions are listed below):

https://www.12wbt.com/blog/advice/how-to-set-smart-goals-and-stick-to-them/
http://www.apsc.gov.au/publications-and-media/current-publications/workforce-analysis/appendix-b

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