

Goal Setting

OASC Session 1 2012

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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