Day 2: Making Decisions and Goal Setting

Bellwork:
1) Please fill out your planner.
2) Have HW out on your desk
3) In your notes:
   a) List all the decisions you’ve made today
   b) Imagine your life 10 years from now. What will you be doing? Where will you be living? etc.
**Words to know:** (in your vocab section)

**Decision making** = the process of making a choice or finding a solution

When trying to reach your (or others) expectations or meet your responsibilities, you are faced with having to make many decisions.

You make many decisions in every area of your life - your health, family, friends, school, activities, etc. Most decisions you make are simple and you make them almost automatically = minor decisions (involve you, few neg. consequences).

From time to time, you will be faced with major decisions. They require thought and should be made in an orderly way.

Always consider the consequences of your actions/decisions (now + future) for yourself and others, when making any decisions.
A goal without a plan is just a wish.
Imagine Activity…

1. What will you be doing 10 years from now?
2. Where will you be living?
3. Career?
4. What does it take to accomplish this?
Goals

- Help give direction to your behavior and a pattern to your decision
- Measure success
- Milestones in a journey
- Evaluate how far you have traveled and how far you have left to go
Goals and Self Esteem

Self-Esteem: confidence in yourself

Meeting your goals will help increase your self esteem.

The simple act of having goals doesn't mean you will reach them. You must plan and act in a way that helps you meet that goal. You must be determined and overcome obstacles to achieve your goal.
Goals Video
Long v. Short term Goals

Words to know:

**Long term goal:** a goal that you plan to reach over an extended period of time (months or years)

Examples: graduate high school, college, professional golfer, Engineer, etc.

**Short term goal:** a goal you can reach right away

Examples: writing a book report or cleaning your room
Activity...

1. Write 5 short term goals related to school work for the next week.
2. What long term goals can this lead to?
SMART-Goals

- **S = Specific**: Your goal should be clear and specific, otherwise you won’t be able to focus your efforts or feel truly motivated to achieve it.

- **M = Measurable**: Goals should be measurable so that you have tangible evidence that you have accomplished the goal. It’s important to have measurable goals, so that you can track your progress and stay motivated. Assessing progress helps you to stay focused, meet your deadlines, and feel the excitement of getting closer to achieving your goal.

- **A = Achievable/ Attainable**: Goals should be achievable; they should stretch you slightly so you feel challenged, but defined well enough so that you can achieve them. You must possess the appropriate knowledge, skills, and abilities needed to achieve the goal. You can meet most any goal when you plan your steps wisely.

- **R = Relevant/ Realistic**: This step is about ensuring that your goal matters to you, and that it also aligns with other relevant goals. We all need support and assistance in achieving our goals, but it’s important to retain control over them. So, make sure that your plans drive everyone forward, but that you’re still responsible for achieving your own goal.

- **T = Time bound/ Timely**: Every goal needs a target date, so that you have a deadline to focus on and something to work toward. This part of the SMART goal criteria helps to prevent everyday tasks from taking priority over your longer-term goals.
Action Plan!!!

**Action Plan:** series of steps for reaching your goal.

Step 1. Decide on goal and write it down

Step 2. List steps you will take to reach goal

Step 3. Identify sources of help/support

Step 4. Set a specific time period to reach goal

Step 5. Set up checkpoints to see how you are doing

Step 6. Reward yourself after you have achieved goal
SMART (Adjust the following to a good goal.)

S: Specific: “I want to do good in school”

M: Measureable: “I will run the mile fast”

A: Attainable: “I will run the mile in 4:00 minutes”

R: Realistic: “I will save a million dollars by next year”

T: Timely: “I will clean my room”
Activity!!

1. Decide on a *long term goal* (months/years)
2. Write and *action plan* (steps for reaching goal) for this specific *goal*.
3. With a partner, review your *goal* and ask for help evaluating your *action plan*.
4. Is it SMART?