

Goals



WE DISCOVER, WE GROW

Girlguiding

Hertfordshire County

Setting goals is really helpful. It gives us a focus, and helps us to track our progress so that we recognise the change we have made.

Some goals are more effective than others, though. Here are some tips to help you to create an effective goal.

Make it SMART:

SPECIFIC - exactly what do you want to achieve?

MEASURABLE - how will you know when you have achieved it?

ACHIEVABLE - will you be able to do it?

RELEVANT - will it help you get closer to your wider goals?

TIME-BOUND - when are you going to achieve it by?



Keep it at the forefront of your mind - write your goal down somewhere that you will see it regularly.

If you are trying to start a new habit, or you're worried that you'll forget about your goal, try 'stacking' it with something you're already in the habit of doing. For example, you could work on your goal as soon as you have brushed your teeth or at the start of your lunch break.

Take baby steps - break big goals up into smaller chunks that feel more achievable. The small victories will motivate you to take the next step, and make your goal feel much more manageable.

Here are some examples. Which do you think are the best goals? How could you improve them?

- I think I eat too much chocolate, so I'm not going to eat it any more.
- I think I spend too much time on my phone, so I am going to try and reduce it by ten minutes each week.
- I want to go to bed earlier so that I have more energy. I'm going to go to bed fifteen minutes earlier each week for the next four weeks, so that in a month's time I am going to bed an hour earlier.
- I want to take up running, so that I can run a 10k next month.
- I want to learn French for my holiday next year.