

# Go for the Goal

Introductory Level



What do you do you intend to achieve?

Making a winning kick, graduating high school, buying your first car and acing a class are all typical goals teens want to accomplish. Understanding what you want and how to get what you want are important steps in achieving your hopes and dreams.

A\_goal is something a person intends to accomplish.





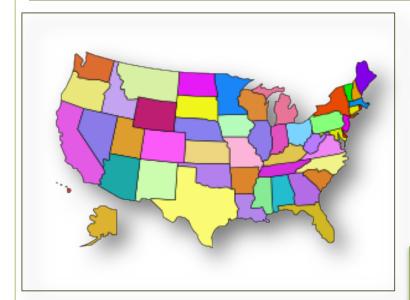




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#### Goals are like using Google Maps

## Would you drive across the country without your phone?



Driving across the country could be a learning adventure that is rich in enjoyment.

Traveling without a map could leave you lost or in unwanted areas and even in dangerous situations. Goals help you:

- > Focus
- Have direction
- > Keep the end in mind
- > Use resources wisely

Goals help you make better choices.

### Short-Term or Long-Term

Is your goal going to take a year or more?

## Short-Term – one year or less

- Improving grades at school
- Making the basketball team
- Saving money to buy a new phone

#### Long-Term – more than one year

- Attending college
- Getting a great job
- Buying a new car

What is a short-term goal you have?

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### Making goals reality

Writing down goals, as you did above, is a great start to achieving what you want. There is a system to help you have an even better path to achieving your goal and that is to use the SMART system.



Read an article about goals at <a href="https://www.consumerjungle.org">www.consumerjungle.org</a>

Specific	Measurable	Attainable	Realistic	Time Bound
State     exactly     what is to     be done	<ul> <li>Include how the goal can be measured</li> </ul>	<ul> <li>Determine steps to reach the goal</li> </ul>	<ul> <li>Do not set goals for something unrealistic</li> </ul>	State     when the     goal will     be met
S	M	A	R	T

Write a short-term goal following the SMART system below:

