

GOALS Paper

Due Week #4

Write a 2 page paper:

- 1.5 inch spaced (instead of MLA 2 inch)
- 1 inch borders
- Times New Roman (font)
- Name/ Class / Date/ Assignment Title in the TOP RIGHT CORNER
- Complete English (no shorthand, chat language, or slang)
- Clear Introduction, Evidence or Specifics, Conclusion

"If you don't know where you're going, you'll end up somewhere else." -- Yogi Berra.

TOPIC: You are going to write about your Goals for the Future. **Write about three specific things** (in any aspect of your life including school, work, relationships, daily living, health, family & travel) **you want to achieve and the timeframe in which this is most significant** (i.e. in college, after college, in 5 years, etc.). Goals should be straightforward and emphasize what you want to happen. Specifics help us to focus our efforts and clearly define what we are going to do.

Specific is the What, Why, and How of the SMART model.

S = Specific
M = Measurable
A = Attainable
R = Realistic
T = Timely

WHAT are you going to do? Use action words such as direct, organize, coordinate, lead, develop, plan, build etc.

WHY is this important to do at this time? What do you want to ultimately accomplish?

HOW are you going to do it? (By...)

Ensure the goals you set are very specific, clear and easy. Instead of setting a goal to lose weight or be healthier, set a specific goal to lose 2cm off your waistline or to walk 5 miles at an aerobically challenging pace.

"By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be. Put your future in good hands – your own."
--Mark Victor Hansen