

BEHAVIORAL HEALTH ADVOCATE WELLNESS SHORT

Topic of the Month:

GOAL SETTING

We have been taught and socialized to have goals since childhood. We celebrate when we obtain them, and sometimes feel down when we don't.

But how many of us learned how to effectively set personal and professional goals for ourselves?



The difficulty is not in finding out what we want to accomplish, but more so how to set our goals in an efficient way allowing us to maintain accountability, commitment, and motivation as we strive for something greater.

Goal setting is a tool that we use to bring about a **specific outcome**. It helps us envision and **bring clarity** to things we are working toward, while **guiding us** through certain objectives along the way. There are a multitude of techniques we can use to set both short and long-term goals.

One of the most utilized techniques is **S.M.A.R.T goals**. This is an extremely beneficial tool used across different **professional disciplines**, and has now been adopted as a standard in setting **personal goals** as well.

S.M.A.R.T GOALS ARE...



S

SPECIFIC

What will be accomplished? Think of the “W” questions (who, what, when where).



M

MEASURABLE

How will I know when the goal is attained? How do I track my progress?



A

ACHIEVABLE

The goal should be realistic. Do I have the skills and resources to accomplish this goal?



R

RELEVANT

Is this goal in alignment with my big picture? Why am I setting this particular goal?



T

TIME BOUND

This will help keep us accountable and on track to reach the goal.

DID YOU KNOW...



PEOPLE WHO WRITE DOWN THEIR CAREER GOALS ARE 33% MORE LIKELY TO ACCOMPLISH THEIR GOALS THAN THOSE WHO DO NOT WRITE THEM DOWN?

This is because writing your goals gives you a long-term vision and short-term motivation.

QUICK TIP:

WHEN THINKING ABOUT OUR CAREER GOALS IT IS IMPORTANT FOR US TO GAIN AN UNDERSTANDING OF OURSELVES.

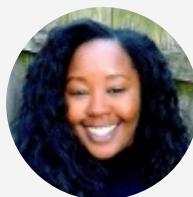
TAKE SOME TIME TO THINK ABOUT YOUR STRENGTHS VERSUS AREAS OF OPPORTUNITIES, SO THAT YOU CAN DETERMINE WHAT GOALS YOU WOULD LIKE TO SET FOR YOUR PROFESSIONAL DEVELOPMENT.

CHECK OUT THESE FREE QUIZZES ONLINE THAT CAN ASSIST YOU IN FIGURING OUT THE TYPES OF CAREERS THAT ARE ALIGNED WITH YOUR SKILLS AND PERSONAL INTERESTS:

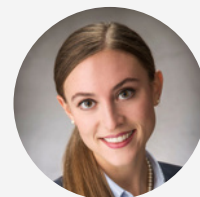
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