Goals: Create the life you want
It is a long term vision

It is something that can increase our short term motivation

It is a focus for our energy, resources, intentions

The difference between where we are now and where we want to be

It is a process - SET, DO, REVIEW

What is a Goal?
Why set Goals?

Increases the likelihood of success

Increases our sense of direction

Helps provide a focus for the future

Increases our motivation to make change happen

Enhances our self confidence
“He who fails to plan is planning to fail”

Winston Churchill
**Approach goals** - positive outcomes we work towards

**Avoidance goals** - negative outcomes we work to avoid

<table>
<thead>
<tr>
<th>Approach Goal</th>
<th>Avoidance Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>To be more efficient</td>
<td>To stop procrastinating</td>
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<tr>
<td>To be friendly and outgoing</td>
<td>To stop being shy</td>
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<tr>
<td>To take on a leadership role</td>
<td>To not be over looked</td>
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Pursuing avoidance goals has been found to be detrimental to wellbeing
Goals: concrete, achievable, can be completed
Values: the direction that is most important to you

It helps to make sure the goal you select actually:
  - Has meaning for you
  - Has a clear connection to your priorities
<table>
<thead>
<tr>
<th>Achievement</th>
<th>Freedom</th>
<th>Nature</th>
<th>Skills</th>
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<tbody>
<tr>
<td>Adventure</td>
<td>Fun</td>
<td>Openness</td>
<td>Spirituality</td>
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<td>Beauty</td>
<td>Friendship</td>
<td>Order</td>
<td>Stability</td>
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<td>Challenge</td>
<td>Health</td>
<td>Peace</td>
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<td>Sustainability</td>
<td>Love</td>
<td>Personal Growth</td>
<td>Team Work</td>
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<td>Knowledge</td>
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<td>Intimacy</td>
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<td>Community</td>
<td>Leadership</td>
<td>Power</td>
<td>Risk</td>
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<td>Fairness</td>
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<td>Creativity</td>
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<td>Faith</td>
<td>Physical Activity</td>
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<td>Recognition</td>
<td>Intellectual Status</td>
<td>Fame</td>
<td>Family</td>
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<tr>
<td>Responsibility</td>
<td>Job Security</td>
<td>Relationships</td>
<td>Self-Respect</td>
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<tr>
<td>Security</td>
<td>Joy</td>
<td>Quality</td>
<td>Honesty</td>
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<tr>
<td>Excitement</td>
<td>Novelty</td>
<td>Contribution</td>
<td>Hard Work</td>
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<tr>
<td>Competence</td>
<td>Attractiveness</td>
<td>Traditions</td>
<td>Respect</td>
</tr>
<tr>
<td>Courage</td>
<td>Safety</td>
<td>Acceptance</td>
<td>Positivity</td>
</tr>
<tr>
<td>Self-sufficient</td>
<td>Teaching</td>
<td>Solving problems</td>
<td>Competition</td>
</tr>
</tbody>
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SMART:
Specific
Meaningful
Adaptive
Realistic
Time-Bound

SMART Goal
SMARTER:
Specific
Meaningful
Adaptive
Realistic
Time-Bound
Evaluate
Redo

SMARTER Goal
“A journey of a thousand miles begins with a single step”

Chinese Proverb
Write them down
Identify the underpinning values
Organise and prioritise before you start
Start small - “from little things, big things grow”
Give yourself time to get a new habit in place
Tell others about your goals
Assemble a support crew
Believe in yourself and your ability to do it
Visualise yourself having achieved the goal

Achieving Goals
Create a plan of action

Commit time each day to do something from your plan

Don’t wait until everything is perfect to start

Reflect on progress every day

Reward yourself when you achieve something

Try to have some flexibility in your planning

Remind yourself of why you made the goal and where you want to be

“Just do it”
After the event ask yourself:

Did you achieve it too quickly?

Did it take so long you were exhausted?

Did you learn something that would allow you to refine the goal further?

Did you identify something you need to do to help you reach other goals more effectively?

Keep going

SMARTER goals
http://www.uq.edu.au/student-services/Counselling

* Face to face / online counselling

* Groups - Mindfulness and Yoga, Body Image

* Make an appointment: Phone 3365 1704. Building 21D

Blackboard site - Career management and personal development

Other workshops: Accommodation, International, Learning, New2UQ, Research and Student Life
* Please complete the evaluation form
* Read the instructions
* Enter Workshop ID number
* Place in the box

Thank You!!!

Your feedback is important