



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?

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

Why set Goals?

**“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

Approach Goal	Avoidance Goal
To be more efficient	To stop procrastinating
To be friendly and outgoing	To stop being shy
To take on a leadership role	To not be over looked

Pursuing avoidance goals has been found to be detrimental to wellbeing

Approach vs Avoidance Goals

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



Goals and Values

Achievement	Freedom	Nature	Skills
<i>Adventure</i>	Fun	Openness	<i>Spirituality</i>
Beauty	Friendship	Order	Stability
Challenge	Health	Peace	Status
<i>Sustainability</i>	Love	Personal Growth	<i>Team Work</i>
Knowledge	Truth	Intimacy	Money
Community	Leadership	Power	Risk
Fairness	Independence	Privacy	Wealth
Creativity	Influence	Professional Growth	Wisdom
Faith	Physical Activity	Caring	Meaningfulness
Recognition	Intellectual Status	Fame	Family
Responsibility	Job Security	Relationships	Self-Respect
Security	Joy	Quality	Honesty
Excitement	Novelty	Contribution	Hard Work
<i>Competence</i>	<i>Attractiveness</i>	<i>Traditions</i>	<i>Respect</i>
Courage	Safety	Acceptance	Positivity
Self-sufficient	Teaching	Solving problems	Competition

Values ...

SMART:

Specific

Meaningful

Adaptive

Realistic

Time-Bound

SMART Goal

SMARTER:

Specific

Meaningful

Adaptive

Realistic

Time-Bound

Evaluate

Redo

SMARTER Goal



Chinese Proverb

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

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

Review it

<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

Student Services

- *Please complete the evaluation form
- *Read the instructions
- *Enter Workshop ID number
- *Place in the box

Thank You!!!

**Your feedback is
important**