

Long-term vs. Short-term GOAL SETTING



What are long-term goals?

Long-term goals take months or years to achieve. Sometimes, they consist a series of smaller, short-term goals. They often include hard work, commitment, and sacrifice. Examples of long-term goals include:

Education Goals: *I want to finish the year with a 4.0 GPA.*

Career Goals: *When I get older, I want to be a doctor.*

Lifestyle Goals: *I want to have a family one day.*



What are short-term goals?

Short-term goals take are goals that can be achieved quickly and can help you achieve long-term goals. Examples of short-term goals include:

Education Goals: *I want to get an A on my English test.*

Career Goals: *I want to apply to a job this weekend.*

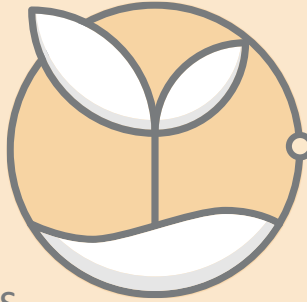
Lifestyle Goals: *I want to exercise 30 minutes per day.*

The 6 S's of GOAL SETTING

Use the 6 S's when setting your goals! You should always make sure your goals are...

SAFE

Your goals should not be harmful to yourself or others.



SATISFYING

Achieving a goal should make you feel satisfied and happy.



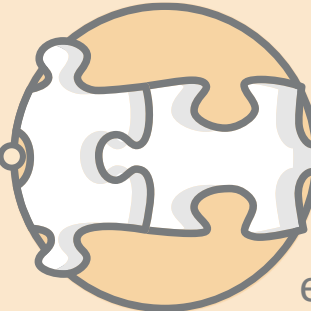
SENSIBLE

Make sure you set realistic, achievable goals.



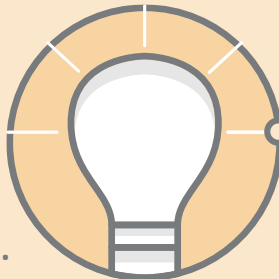
SIMILAR

Different goals should support each other and not have conflicting results.



SPECIFIC

Goals should be clear and easily definable.



SUPPORTED

Goals should be supported by your parents and other adult figures

