

Personal Goals

A smart guide to get you started!

iSmart Thinking

Use these to guide your thinking about your goal

Inspiration • Why do you want to do this? • What would you get out of this?

Specific • What will you actually do?

Results Driven • Will this challenge you enough? • On a scale from 1-10 where are you now? • Where would you like to be?

Measurable • How can you check that you have achieved your goal?

Achievable • Is this something you can actually achieve? • Is it within your control?

Timebound • When do you plan to achieve this?

Strengths

How can you use your Strengths to help you achieve your goal?

Courage Bravery, Integrity, Honesty, Perseverance, Zest

Humanity and Love Kindness, Loving, Being Loved, Social intelligence

Justice Fairness, Equity, Leadership, Teamwork

Temperance Caution, Prudence, Forgiveness, Self-Control/Self-regulation, Modesty, Humility

Transcendence Appreciation of beauty and excellence, Gratitude, Hope, Optimism, Playfulness, Humour, Spirituality, Faith, Sense of purpose

Wisdom and Knowledge Creativity, Curiosity, Love of Learning, Perspective, Open Mindedness

Your Goal

You are going to use the GROWTH model to set your Personal Goal and create an action plan! The first part of the GROWTH model is to set an iSmart GOAL

Name your goal

By

I

So that

***Once you have drafted you goal, enter it into SEQTA for Students > Goals**

Action Plan

It is very important that you plan and visualize yourself achieving the small milestones on the way to the bigger goal. What steps will you follow to achieve your goal?

Your goal

Date by

