Goal Setting

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Before setting goals for the new year, pause and reflect

- What are you most proud of this year?
- What did you do for your career growth?
- How would you describe this year in 3 to 5 keywords?
- What skills do you want to learn?
- How will you take care of yourself?

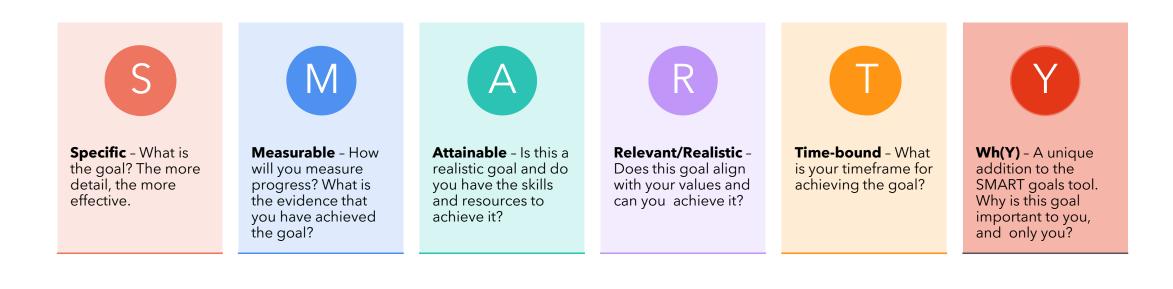
Setting goals for the new year

Research by Forbes indicates that <u>'80%</u> of people ditch their New Year's resolutions by February'. This is often because we set **unrealistic goals** which are too sudden for us to process and implement.

It is important that we set goals in bitesized chunks so we can work towards something tangible.



SMARTY Goals Tool



NY Resolution vs SMARTY goal

NY Resolution

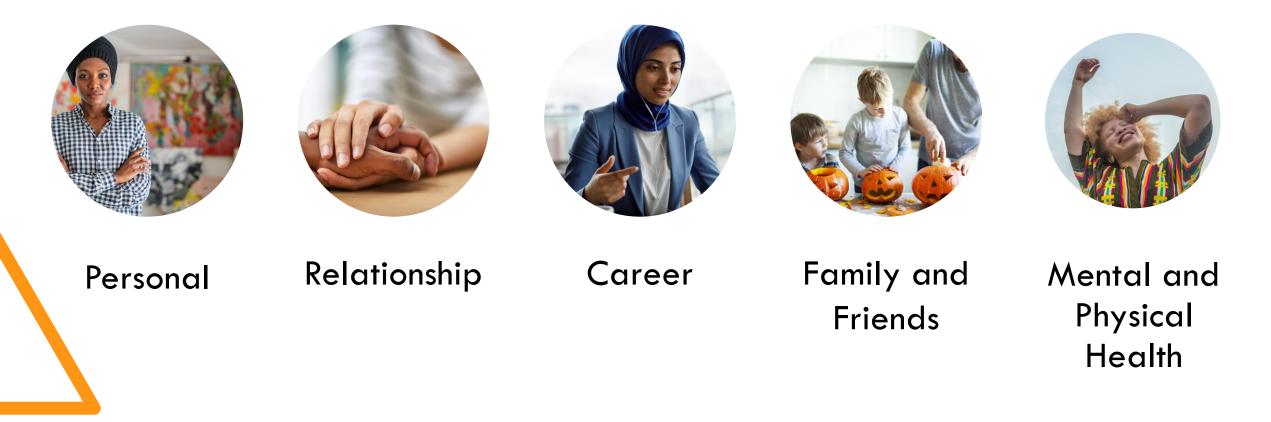
• This year, I will start a new job.

SMARTY goal

 By June 2023, I will start a new job within the education sector through updating my resume and LinkedIn profile, actively applying for job opportunities and connecting with industry professionals for mentorship. A new goal is important to me for my career growth.

Themed SMARTY Goals

• To ensure that you set holistic SMARTY goals overall that cover all spheres of your life, group your goals into the following themes:



SMARTY goals have been so effective in my life. I know they will be effective in yours too!

Thank you

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Presentation Title