

GOAL SETTING

ABE 10/21/20

A goal

**is the result or achievement
toward a person's ambition or
effort; aim; end**

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GOAL or is it a WISHFUL THINKING?

I hope I get my driver's license by next year--**Wishful Thinking**

I'd like to eat more healthy--**GOAL**

I should get a flu shot--**wishful thinking**

By Thursday, I will get my flu shot-**GOAL**

I want to earn my GED--**WISHFUL THINKING and GOAL**

I will learn how to communicate better with my kids-GOAL

I will know how to send an email by the end of the year--**WISHFUL THINKING**

I will improve my computer skills--**GOAL**

What is a **goal**?-a concrete plan towards and achievement or objective; **aim**

When is one time you set a goal? To treat my grandchildren better; to be kind and nice to my grandchildren

How has goal setting worked for you? Going well--I gave my grandchildren a big hug and smile and lots of love and kisses

What makes keeping your goal hard? Sometimes when they don't listen it's hard to be nice and kind.

SMART GOALS

<https://www.khanacademy.org/partner-content/learnstorm-growth-mindset-activities-us/elementary-and-middle-school-activities/setting-goals/a/activity-5-part-3-supercharge-your-growth>