

A guide to **GOAL SETTING**

Developed as part of
ICMR's Multistate Implementation Research Study on Improving
Mental Well Being Among School and College Students





Let's talk about **GOAL SETTING**

*When you hear the word **"goal"** what comes to mind?*

You may think of a football match, where the goal is to score by getting the ball into the net. Just like in football, **where a clear strategy is essential to score and win**, setting and achieving personal goals in your life also seem easier if you have a **thought through game plan**.



Why is Goal Setting Important in Life?

1. **Gives Direction:** Goals offer a clear roadmap, helping you focus on what is important for you.
2. **Boosts Motivation:** Having goals can keep you motivated, as they give you something to work towards.
3. **Encourages Progress:** Goals help you measure progress and help you see how far you have come, even if the ultimate goal is still on the horizon.
4. **Builds Confidence:** Achieving goals, even small ones, builds confidence and a sense of accomplishment.
5. **Improves Decision-Making:** When you have well-defined goals, you can make decisions more effectively because you have a clear vision of what you want to achieve. You are less likely to get sidetracked by distractions or unimportant tasks.

Goal Setting as a Skill

Setting effective goals is a skill that involves practice and planning. Learning to set realistic, specific goals and break them into smaller steps can make the process manageable and rewarding.

Effective goal setting also includes learning to adapt and reassess your goals as needed. Just like any other skill, goal setting improves over time with reflection and adjustments.



SMART Goals

To achieve our important personal goals, let us explore how setting SMART goals can help us create a solid plan and a clear path to follow!

What Are SMART Goals?

SMART goals are a structured way to set objectives that enhance clarity and focus. This approach helps improve goal-setting effectiveness and increases the likelihood of success.



Let us look at the different components of SMART goals:

Source: Cultivateadvisors.com

Specific: Know what you want

When setting goals, it can be helpful to be clear about exactly what you want to achieve.

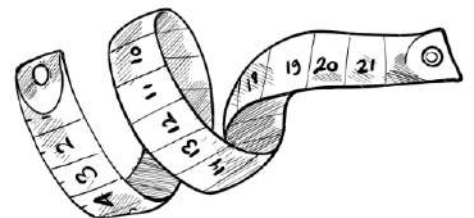
Setting specific goals **reduces ambiguity** and helps one direct their efforts toward a single, well-defined objective.



Measurable: Track Your Progress

A measurable goal enables you to track progress and know when you have achieved it.

Such goals help you stay motivated, as you can see how far you have come and how much further you need to go. It also **allows you to assess whether you are on track**.



Achievable: Set Realistic Goals

A goal that is achievable is realistic given your resources, skills, and time.

Setting achievable goals ensures you are not setting yourself up for failure. It **helps you stay motivated and avoid discouragement.**



Relevant: Align with What Matters

A relevant goal is one that aligns with your values and objectives.

Setting relevant goals **ensures that your efforts are aligned with what truly matters to you**, keeping you engaged and focused on your most important priorities.



Time-bound: Set a Deadline

A time-bound goal has a clear deadline or time frame in which you aim to achieve a goal.

Setting a timeline creates a sense of priority, which helps prevent procrastination and **ensures that you stay motivated to complete your goal within a set period.**



What would SMART Goals look like?

Turn the page to find some examples of what a SMART goal would look like. The break up provided in the box after each statement will help you know what about the statement makes it a SMART goal!

Extra-Curricular Goal:

Goal: "I want to join the college debate club and participate in at least 2 debates this semester to improve my public speaking skills."

Specific: The goal is to join the debate club and participate in debates.

Measurable: Success can be measured by your participation in at least 2 debates.

Achievable: Joining the club and participating in 2 debates is a feasible goal within a semester.

Relevant: This goal aligns with improving your public speaking and communication skills.

Time-bound: The goal is set for this semester.

Fitness Goal:

Goal: "I want to improve my fitness by jogging 3 times per week for 30 minutes for the next month."

Specific: The goal is to jog 3 times per week for 30 minutes.

Measurable: The number of jogs per week and the duration of each jog are measurable.

Achievable: Jogging 3 times per week for 30 minutes is a realistic and manageable goal for a young person.

Relevant: Improving fitness will contribute to overall well-being and stress relief during the semester.

Time-bound: The goal is to be completed within the next month.

Attendance Goal:

Goal: "I want to maintain 100% attendance in all my lectures for the next 2 months."

Specific: The goal is to attend every class.

Measurable: Attendance can be measured as a percentage (100% attendance).

Achievable: This is realistic if you are committed to attending all lectures and planning your schedule around the classes.

Relevant: Consistent attendance is important for your academic performance and understanding of the course material.

Time-bound: The goal is set for 2 months.

Academic Performance Goal:

Goal: "I want to improve my grade in history from a B to an A by the end of this semester by studying 1 hour every day and attending weekly revision classes."

Specific: The goal is to raise your grade in history from a B to an A.

Measurable: The grade increase is measurable (from B to A).

Achievable: Studying 1 hour every day and attending revision classes once every week are realistic actions.

Relevant: This goal is important for your academic success and performance.

Time-bound: The deadline is the end of the semester.

Let us Practice!

You can create SMART goals for yourself here :

My SMART Goals

Specific



What exactly do you want to accomplish?

Why is this goal important to you?

What steps or actions will you need to take to reach this goal?

Measurable



How will you measure your progress?

How will you know when you have achieved your goal?

Achievable



Is this goal realistic with the time and resources you have?

What steps can you take to make this goal manageable?

Relevant



Why does this goal matter to you?

How does it connect to your larger life goals?

Time bound



By when do you want to achieve this goal?

Can you set deadlines along the way to keep you on track?
Note them down -

Goal Quest: A SMART Way to Play!

Here's a fun board game to help you and your friends set and achieve SMART goals together!



Things to keep in mind

- It is perfectly fine to ask for help, share your ideas and discuss your goals with friends, family and trusted individuals.
- At first, you might find it challenging to stick to your goals, but remember - persistence is the key.
- Regularly review your progress and be open to adjusting your goals as needed.
- Learn from what is not working, figure out what is going wrong, and adjust your strategy accordingly.

***And mostly importantly,
Never stop believing in yourself!***



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