

Goal Setters are go-getters.



Not everything in life is easy or instantaneous, so sooner or later everyone learns that sometimes you need to work and practise to get what you want. Although it might feel hard at times, achievements that you work for can feel more satisfying, and reaching a goal can provide a sense of accomplishment – boosting your self-confidence and self-esteem.

A goal can be short-term (like completing a crossword puzzle) or long-term (like training for a fun-run). A challenge motivates you to do something.

Setting a significant or long-term goal isn't quite as simple as deciding what you want and hoping it happens. To give yourself the best chance for success, some planning is needed. You'll need to think about a realistic goal, the steps you'll need to take to get you there, and how you'll know when you've achieved the goal.

1. Choose a realistic and specific goal

A goal like 'get better at maths' is not specific, so it will be hard to keep on track.

A goal like 'get 100% on my next Maths test' is more specific but may not be realistic for many people. Choose a goal that is achievable for you, like 'improve my Maths score by 10%'

2. Create an action plan

Think about the things you'll need to do to reach your goal. For example, if your goal is to get into the school band, you may plan to practise guitar for 20minutes each morning before school.

3. Check in with your goal

Check in regularly to make sure you're on track. Picture yourself reaching your goal and reflect on your progress. If you need to, revise your plan. It's better to change your goal than to give up altogether.

4. Celebrate accomplishments

If you reach your goal – celebrate! You can set a new goal, but make sure you give yourself a pat on the back first.

There are lots of things we can do for our mental health and wellbeing.

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Goal Setters are go-getters (continued).



Think about a goal you'd like to achieve by the end of this year and complete the sentences. Your goal could be academic, physical, social, or related to one of your hobbies or interests.

My goal is

To reach my goal I will

I will know I have reached my goal when

I will celebrate achieving my goal by
