

Setting Goals: Why and How

Introduction

You have probably heard that setting goals is an important part of achieving your dreams. There are many reasons that goal setting is important to learn, especially while you're young.

Why is this important for me?

Isn't this something for older people to do? It's never too early to start setting goals. In fact, you've probably already set and reached a few goals in your life. Have you ever saved up to buy something? Decided to study hard for a test and improved your grade? Decided to join a club or group even though you felt nervous? Then you have been setting—and achieving—goals. Goal setting is an important skill for your personal development. It will motivate you, help you think and plan for your future, and increase your chance of success in any area. As you experience the satisfaction of seeing progress and reaching your goals, you will feel more confident and be encouraged to set new goals. Setting goals and keeping a record of your progress helps make sure you are directing your energy toward the priorities you have set. Are you actually spending time on what you think is important? Or are you getting distracted by other things?



What is the secret to success in setting and reaching goals?



Set your own goals rather than reacting to what is around you or following the crowd. Base your goals on your interests, talents, and values. Life is a journey--If you map out your goals, you'll know what direction to go!

Why do I have to write down my goals?

You increase your chances of reaching your goals if you write them down. In one study, 46% of the people who had written down the previous year's goals achieved them. Only 4% of those who hadn't written down their goals achieved them. Writing down goals helps you decide what you want and create a plan to achieve it.

How do I do it?

Ask yourself these questions:

- What is important to me?
- What do I find interesting?
- What makes me feel happy and fulfilled?
- What am I good at?
- What do I want to improve?

Answers to these questions will help you decide on areas where you want to set new goals.