

Goal Setting Workbook

When choosing your goals, it's important to make sure that they are **S.M.A.R.T.** Smart goals are:

Specific, Measurable, Achievable, Realistic, Time-limited and trackable.

Specific: instead of saying "I want to play an instrument.", say "I want to play the piano." This will make your goal more specific.

Measurable: How will you know that you are achieving your goal? When learning to play the piano, you'll be able to play increasingly difficult songs. This would be how you measure your progress.

Achievable: This is about making your goal achievable to you. If you've never played the piano before, you wouldn't be able to play difficult pieces of music straight away, so it's important to start with easier songs first.

Realistic: Similarly to making your goals achievable, you also need to make sure they're realistic. Playing the piano at a big concert is probably not a realistic goal if you've got no experience. However, playing easier songs for your friends at family (at first) is a more realistic goal.

Time-limited and trackable: It's important to set a time limit for your goal. For instance, maybe you'd like to be able to play the piano (or another instrument) by this time next year. This is a time limited goal. It's also important to track your goal by speaking to your teacher or a trusted adult about your progress and keep a record of your goal-achieving journey.

S.M.A.R.T Goal(s)

Use this page to write down your goal and check to make sure it is S.M.A.R.T. Write down how and why your goal fits each category.

Specific:

Measurable:

Achievable:

Realistic:

Time-limited/ trackable:

Achieving My Goals



This is an example of how to fill out your goal pyramid. Use this pyramid to list out the steps you need to take to achieve your goal. At the top of the pyramid write the goal you are working towards.

There is a blank pyramid for you to fill out on the next page.

Achieving My Goals

Goal

Step 4

Step 3

Step 2

Step 1

Use this pyramid to visualise the steps you need to take to achieve your goal.

At the top write the goal you are working towards.

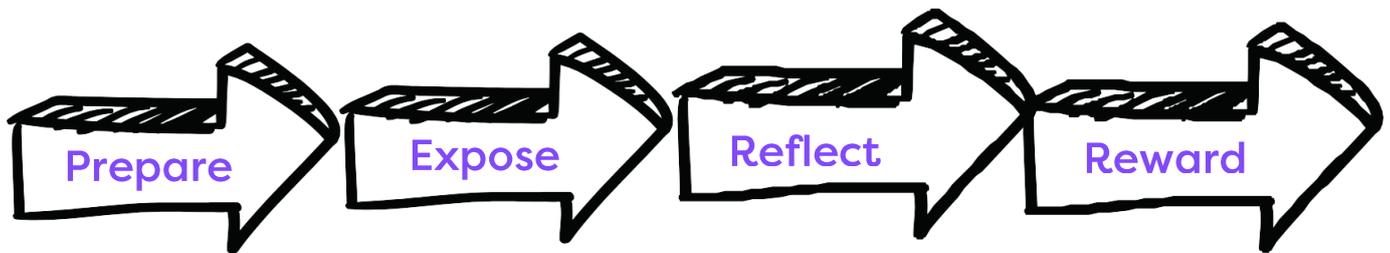
Then write the actions that you will take in each step to help you achieve your goal.



Tips & Tricks

When taking steps towards achieving a goal, it's good to use the **PERR** method. This stands for **P**repare, **E**xpose, **R**eflect, **R**eward.

You can use this for each step.



Prepare: Think about how you're going to take this step towards your goal. What might it look like? Where and when are you going to do it? With whom?

Expose: This means to take the step towards your goal. With each step you're closer to achieving your goal.

Reflect: After you've taken the step towards your goal, think about how you feel. How was this experience for you? Does it make you feel any emotions? What would you change next time?

Reward: Do something nice for yourself. You've taken a step towards your goal and now it's time for a small reward. You can play your favourite song, have a chat with a friend, have a healthy treat or go for a walk.

Goal Diary

Use this page to list out the steps you've taken towards your goal and a few words about how you took those steps.

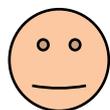
Step 1

Step 2

Step 3

Step 4

How do you feel about the progress you've made?



Actions for Next Session

Action 1



Action 2



Action 3

