Maroon Outdoor Education Centre
Goals Setting
Core Learning

Goals are plans that I make to help me achieve my hopes and dreams.

The following knowledge and skills should be taught in any program that focuses on **Goal Setting**:

**Upper Primary**

**How to set a goal:**

1. **What is my goal?**
   - Write down what I want to achieve.

2. **What do I need to do?**
   - Write down the small steps I need to take to reach my goal.
   - Set out a time line for my goal and each of the small steps.
   - Read through my goal and check my time line regularly.

3. **What do I need to learn?**
   - Write down the things that I will need to learn along the way.

4. **Who can help me?**
   - Find someone that can teach me or show me the things I need to learn.
   - Tell someone I trust about what I am doing.

   - Keep feeling positive.
   - Don't let other people put you off.
   - Believe you can do it.
   - Don't stress.
   - Learn to relax so that you have the energy to work through the steps.
Goal Setting

Core Learning

Goals are plans that I make to help me achieve my hopes and dreams.

The following knowledge and skills should be taught in any program that focuses on Goal Setting:

Secondary

Setting SMART goals:

**Specific** – A specific goal is clear and identifies exactly what you want to achieve in positive terms.
- Is my goal specific or general?
- Is my goal positive or negative?

**Measurable** – When you check your progress, you stay on track and you are more likely to reach your goal.
- Have I identified the small steps that will lead me to my goal?
- Will I know when I have reached these small steps and my goal?

**Attainable** – You can reach your goal when you plan your steps and establish a time frame that allows you to carry out those steps.
- Have I established a time frame for those small steps?
- Do I have everything I need to achieve my goal?
- Have I identified the things I need to learn and the people that can help me?

**Realistic** – A goal can be both high and realistic; you are the only one who can decide just how high your goal should be.
- Am I reaching too high or not high enough?

**Time Bound** – A goal must have a deadline so that there is incentive to finish.
- Have I set a deadline?

- Stay positive.
- Don't let other people put you off.
- Believe you can do it.
- Don't stress.
- Learn to relax so that you have the energy to work through the steps.

Essential Learning Alignment

Health and Physical Education (Years 7 & 9): PD3