



Foundation

THE **VIRTUAL** CLASSROOM

Inspire **Confidence** Inspire **Hope**

GOAL SETTING

Having a bit more time at home is a great opportunity to reflect on all aspects of your life. It's also a brilliant time to look to the future and set yourself some goals, these could be related to school, hobbies, personal life or any area you feel that having a goal might help you to achieve something. It's sometimes useful to think of the big, long-term goal first, and then break it down to see how you can get there.

To get your brain thinking ahead, we've included some questions for you to complete, you can then keep this worksheet as you may find this helps you improve your focus and can make things seem more achievable. The examples given are focused on your education and future career, but we have included some blank sections for you to set goals in other areas of your life too (e.g. hobbies, personal life etc.). You've got this!



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GOALS HAVE TO BE **SMART**

When you are setting goals or targets it is important that you follow the SMART principle. The SMART principle can help you to focus on your goals and increase the chances of you achieving them. The SMART principle is made up of the following:

Specific – What exactly do you want to achieve? Be specific.

Measurable – How will you know when you've achieved your goal?

Achievable – Make sure your goal is realistic.

Relevant – Is achieving this goal relevant to you? Will it benefit you?

Time-bound – Give yourself a set deadline to achieve this goal by.

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EDUCATION AND CAREER

LONG TERM GOALS (Thinking ahead to your future career)

My dream job is to be a _____

I would like to have this job by this date _____

In order to get there, I need to _____

Things that are going to make this hard to achieve are _____

Things that are going to help me achieve this are _____



MEDIUM TERM GOALS (Thinking about the remainder of your time at secondary school)

My main goal in secondary school is to _____

I want to do this because _____

What changes would I need to make in order to achieve this? _____

What do I need to keep doing in order to achieve this? _____

Will completing this goal help to me on the path to my long-term goal? _____



SHORT TERM GOALS (Thinking about the next few months in school)

When back at school, the biggest improvement I would like to make is _____

I am going to do this by _____

I will know I have achieved this when _____

What will be the biggest challenge, and how will I overcome it? _____



SPORT/HOBBIES

LONG TERM GOALS



MEDIUM TERM GOALS



SHORT TERM GOALS





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PERSONAL LIFE

LONG TERM GOALS



MEDIUM TERM GOALS



SHORT TERM GOALS



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