

## RM 3–FM: Steps to Goal Setting

*Aim at nothing and you will hit it every time.*

—Author Unknown

Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

### Directions/Description

Writing down your goals and devising a plan to achieve them are significant steps toward taking charge of the lifestyle that you want to have. Take time to reflect on each goal-setting step outlined below, and then proceed to write down the actions you will take. You can always return to this action plan and change what you have written. If you believe strongly enough in what you want to achieve and take action, you will have no option but to be successful.

*Vision without action is a daydream. Action without vision is a nightmare.*

—Japanese Proverb

### Step 1A

Decide on and identify your goals. (Remember to state specific goals that are measurable.)

### Step 1B

Why are these goals important to you?

### Step 2

What steps will you need to take in order to reach your goals and to identify the indicators of success? How will you know that you reached your goals?

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## RM 3–FM: Steps to Goal Setting *(Continued)*

### Step 3

Whom could you enlist for support, and how do you think the person(s) could assist you?

### Step 4A

Set the target dates for the completion of your goals. (If you have broken down your long-term goal into smaller goals, then establish the target dates for them as well.)

### Step 4B

What reminders or motivators will you create for yourself to help you stick to your timelines?

### Step 5

What are some obstacles that could impede your progress toward reaching your goals, and what plan could you devise for overcoming them? What will you do if you are not reaching the desired level of success in realizing your plan?

### Step 6

How will you reward yourself for achieving each goal?

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## RM 3–FM: Steps to Goal Setting (*Continued*)

### REFERENCE



For more information on goal setting, refer to the following website:

Manitoba Physical Education Teachers Association (MPETA). "Goal Setting: Personal Plan."  
*MPETA Resources to Support the Grades 11 and 12 Curriculum.*  
<[www.mpeta.ca/resources.html](http://www.mpeta.ca/resources.html)>.

For website updates, please visit Websites to Support the Grades 11 and 12 Curriculum at  
<[www.edu.gov.mb.ca/k12/cur/physhlth/](http://www.edu.gov.mb.ca/k12/cur/physhlth/)>.

