

YOUTH SUCCESS: Vol. 5

Information you need: From the
Prevention Services Department
440-989-4900/www.thelcadaway.org
Ms. Ashley:
trumanskvorashley@avoneagles.org



<https://www.pinterest.com/pin/52445831908823605/>

**Ms. Ashley is in the building
on Tuesdays and
Wednesdays from 8:30-
10:30. Email to set up a
zoom time!**

trumanskvorashley@avoneagles.org

Goal Setting

Everyone has set goals for different things in our lives. Sometimes we achieve them, and other times we do not. For the times we don't, we may not know exactly what went wrong. Using a goal setting process allows us to stay organized and focused, and gives the individual room to evaluate and change the steps to navigate around road blocks, or to achieve the goal after an unsuccessful first attempt.

Continue reading to learn about the SMART Goal process.

SMART GOALS

SMART is an acronym that you can use to guide your goal setting.

SPECIFIC Simple, Sensible, Significant

MEASURABLE Meaningful, Motivating

ACHIEVEABLE Agreed, Attainable

RELEVANT Reasonable, Realistic and Resourced,
Results-Based

TIME BOUND Time-based, Time-limited, Time/Cost
Limited, Timely, Time Sensitive

SMART is an easy and effective tool that helps give focus and motivation to achieving your goals. It also encourages you to define your objectives and set a timeline of steps to keep you moving towards your end goal.

What happens if I do not achieve my goal?

That's an easy answer! We re-evaluate our SMART goal process and ask ourselves:

- Did I stay motivated?
- Was it realistic for me?
- Did I give myself enough time?
- Did I use all my resources?
- Did I ask for help?
- Is there anything I can do different?

Depending on your answers; make the necessary changes to keep working towards your goal.

SPECIFIC

When drafting your goal, answer these 5 questions.

1. What is my goal?
2. Why is it important?
3. Who can help?
4. Where is it located?
5. What resources do I have or need?

MEASURABLE

You can track your progress with these 3 questions.

1. How much?
2. How many?
3. How will I know when it's accomplished?

ACHIEVABLE

Your goal should be realistic and attainable.

1. How can I accomplish this goal?
2. How realistic is this goal based on barriers?

RELEVANT

Can you answer "yes" to these questions?

1. Is your goal worth it?
2. Is it right for you?
3. Do you have the time?

TIME-BOUND

A timely goal will usually answer these questions.

1. When does it need to be accomplished by?
2. What can I do today?
3. Can I break this goal up into smaller goals?

"Sometimes you have to take a step back to move forward." ~ Erika Taylor



Additional Information

[SMART Goals](#) –YouTube Video

[Practicing SMART Goals](#) – Click Here!

[Dav Pilkey, Author of Captain Underpants](#) – Breaking through barriers and achieving his goals.

[Celebrity Failures](#) -- Celebrities who overcame failures and achieved their goals.

Resources:

Crisis Text Line: Text "4HOPE" to 741741 to text with someone anonymously. [Click here to learn more!](#)

The LCADA Way – Prevention Services Department

440-989-4900

Facebook: [Keys to Prevention](#)

Twitter: [@Keys2Prevention](#)

YouTube: [Watch our videos!](#)

