

# Resilience: "Skill of the Month"



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GOAL  
SETTING

## WHAT'S MY GOAL?

Do you have  
a "Bucket  
List?"

- Do the Bucket List **activity below**
- Then use the Goal Setting participant activity located on the next page to **start achieving!**

## Your Bucket List

**First:** Take a moment to **brainstorm** and write down the goals you would like to achieve, then **circle** the ones that would need a deliberate plan...

### Examples:

- \* Run a marathon
- \* Write a song
- \* Take a yoga class
- \* Visit all 7 continents
- \* Keep a journal
- \* Get six-pack abs

**Next:** Use the **7-step Goal Setting Process** (see next page) to outline your plan for goal achievement.

### What is the skill?

"**Goal Setting**" is a process to deliberately energize, direct, and sustain behavior to ensure progress. The end-state is **goal achievement**.

### **Bottom Line Up Front (B.L.U.F.)**

- Goal Setting helps to build **Self-regulation**.
- Goal Setting is an effective strategy to facilitate **achievement of dream goals** as well as enhanced performance.





# Goal Setting

- Goal Setting, when done correctly, produces motivation, directs attention, increases effort and persistence, and promotes the development of new strategies.
- This 7-step Goal Setting process includes key components known to make goals more effective.

## **Step 1: Define your goal**

Identify and commit to a goal, and determine how your personal values support the pursuit of your goal.

## **Step 2: Know where you are right now**

Identify the benefits of achieving this goal, then reflect on the obstacles that presently stand in the way.

## **Step 3: Decide what you need to develop**

Based on the inventory from Step 2, determine what Priority Areas you have to address in order to achieve your goal.

## **Step 4: Make a plan for steady improvement**

Within each of the Priority Areas from Step 3, determine the work you need to start doing and how you need to think in order to move towards your goal.

## **Step 5: Pursue regular action**

Once your plan is complete, develop strategies to start getting the work done and thinking in ways that will help you achieve the goal.

## **Step 6: Commit yourself completely**

Develop strategies to ensure you maintain sight of your goal and don't forget what it is you set out to achieve.

## **Step 7: Consistently monitor your progress**

Regularly checking in to determine your progress and make adjustments as necessary to ensure you continue moving closer to your goal, even when obstacles arise.



# Goal Setting Step 1 Practice

## Step 1: Define Your Goal

- Outcome (dream or performance) goal: \_\_\_\_\_
- Suspense: \_\_\_\_\_
- Internal motivation: Below are some common values. Select approximately five that have the greatest influence on *how you live your life and the choices you make on a daily basis*.

<input type="checkbox"/> Accountability	<input type="checkbox"/> Forgiveness	<input type="checkbox"/> Learning	<input type="checkbox"/> Self-regulation
<input type="checkbox"/> Achievement	<input type="checkbox"/> Friendship	<input type="checkbox"/> Love	<input type="checkbox"/> Self-reliance
<input type="checkbox"/> Ambition	<input type="checkbox"/> Generosity	<input type="checkbox"/> Loyalty	<input type="checkbox"/> Serenity
<input type="checkbox"/> Caring	<input type="checkbox"/> Gratitude	<input type="checkbox"/> Open-mindedness	<input type="checkbox"/> Social intelligence
<input type="checkbox"/> Caution	<input type="checkbox"/> Hard work	<input type="checkbox"/> Originality	<input type="checkbox"/> Sportsmanship
<input type="checkbox"/> Collaboration	<input type="checkbox"/> Honesty	<input type="checkbox"/> Patience	<input type="checkbox"/> Strength
<input type="checkbox"/> Communication	<input type="checkbox"/> Honor	<input type="checkbox"/> Peace	<input type="checkbox"/> Teamwork
<input type="checkbox"/> Compassion	<input type="checkbox"/> Hope	<input type="checkbox"/> Perseverance	<input type="checkbox"/> Tradition
<input type="checkbox"/> Competition	<input type="checkbox"/> Humility	<input type="checkbox"/> Personal courage	<input type="checkbox"/> Trust
<input type="checkbox"/> Duty	<input type="checkbox"/> Humor	<input type="checkbox"/> Perspective	<input type="checkbox"/> Unity
<input type="checkbox"/> Enthusiasm	<input type="checkbox"/> Innovation	<input type="checkbox"/> Prosperity	<input type="checkbox"/> Wisdom
<input type="checkbox"/> Excellence	<input type="checkbox"/> Integrity	<input type="checkbox"/> Purpose	<input type="checkbox"/> Zest
<input type="checkbox"/> Fairness	<input type="checkbox"/> Kindness	<input type="checkbox"/> Respect	<input type="checkbox"/> Other:
<input type="checkbox"/> Faith	<input type="checkbox"/> Knowledge	<input type="checkbox"/> Responsibility	<input type="checkbox"/> Other:
<input type="checkbox"/> Family	<input type="checkbox"/> Leadership	<input type="checkbox"/> Sacrifice	<input type="checkbox"/> Other:

- In 1-2 sentences, describe how each value will help you achieve your goal.

VALUE	HOW IT WILL HELP ME ACHIEVE MY GOAL



# Goal Setting Steps 2-3 Practice

## Step 2: Know Where You Are Right Now

With your partner, identify benefits and obstacles that will influence the achievement of your goal.

### Consider these categories:

- Physical
- Mental/attitude
- Values/bellefs (Icebergs)
- Support from others
- Contacts/network
- Knowledge
- Financial
- Character Strengths
- Other areas

BENEFITS	OBSTACLES
What would be the best things about achieving this goal?	What obstacles or personal behaviors might hinder your progress?

## Step 3: Decide What You Need to Develop

With your partner and based on the obstacles you identified in Step 2, break down your goal into approximately 4 Priority Areas (broad areas that you cannot fail to address in order to achieve your goal).

1	2
3	4



# Goal Setting Step 4 Practice

## Step 4: Make a Plan for Steady Improvement

With your partner, pick one of your Priority Areas and create at least 3-4 Action Statements that identify the work you need to do to move towards your goal in this area, and at least 1-2 Power Statements that tell you how you need to think so you stay motivated to complete the Action Statements to the best of your ability.

### Action Statements should be SMART:

- Specific
- Measurable
- Action-focused
- Realistic
- Time-bound

### Power Statements should be P3:

- Purposeful
- Productive
- Possibility

Priority Area # \_\_\_\_\_

ACTION STATEMENTS	POWER STATEMENTS



# Goal Setting Steps 5-7 Practice

## Step 5: Pursue Regular Action

With your partner, prepare for putting your goal plan into action.

Action Statement to complete in the next 24 hours:

Power Statement that will motivate me to complete the Action Statement:

What is your strategy or system to ensure you implement your SMART Actions regularly?

How/when will I check in on my strategy/system to ensure I complete my SMART Actions?

## Step 6: Commit Yourself Completely

With your partner, develop a strategy for maintaining your motivation to achieve your goal.

Strategy to stage my surroundings to automatically trigger pursuit of my goal:

Person to share my goal with who will keep me accountable, energized, and on track:

When I... (*an obstacle that will likely stand in my way, from Step 2*):

then I will... (*Action Statement*):

## Step 7: Continually Monitor Your Progress

With your partner, plan for checking in on your progress towards your goal.

- How often I'll check in: \_\_\_\_\_
- First check-in date: \_\_\_\_\_

When I face an unexpected obstacle, then I will leverage my value of:

by (*Action or Power Statement*):