

# GOAL SETTING

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# WHAT IS A GOAL?

Something that you  
are trying to do  
or achieve.

# SETTING GOALS THAT ARE...



# CATEGORIES FOR GOAL SETTING

- Academics
- Social Life
- Sports and exercise
- Healthy eating
- Family & Community
- Hobbies and Interests
- Screen time
- Short/Long Term plans

# SETTING GOALS THAT ARE...



What do you want to do?

- Improve grades
- Complete homework early
- Be more involved on campus

# SETTING GOALS THAT ARE...



How will you know when you have reached the goal?

- When I have achieved all  
A's & B's
- When I have participated in X  
number of clubs/org

# SETTING GOALS THAT ARE...



Is it in your power to accomplish?

- Work towards a goal that is challenging, but possible.
- Don't try to take over the world in one night.

# SETTING GOALS THAT ARE...



Can you realistically achieve it?

- Be honest with yourself. You know what you are capable of.
- Forget any hurdles you may have to overcome.



# SETTING GOALS THAT ARE...



When exactly do you want it accomplished?

- Give yourself a deadline.  
Be specific!
- Short term vs. Long term

Three motivational sticky notes are hanging from a string against a background of vertical blue-painted wooden planks. The notes are yellow, pink, and yellow from left to right. Each note is held by a small clothespin: a yellow one on the left, a red one in the middle, and a green one on the right. The text on the notes is written in a bold, black, hand-drawn font.

DREAM  
BIG

SET  
GOALS

TAKE  
ACTION