



**LAKELAND HIGH SCHOOL
NINTH GRADE ACADEMY
GUIDANCE PROGRAM**

GOAL SETTING STRATEGIES

Goals lead to success! A goal must be: 1) Conceivable, 2) Believable, 3) Achievable, 4) Controllable, 5) Measurable, 6) Desirable, 7) Stated with no alternative; and 8) Growth-Facilitating.

GOAL DISTILLATION (Conditions of good goals!!!!)

1) Write down three goals you would really like to accomplish during the next year:

- a) _____
- b) _____
- c) _____

2) Rank order them from “most” important to least important:

- a) _____
- b) _____
- c) _____

3) List five things you could do to make “#1” come true?

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____

4) Circle any of the five that you plan to do and will do. If you aren’t sure, don’t circle.

5) What steps will you take and time sequences for one of the goals.