

# STEPPING STONES TO SUCCESS!

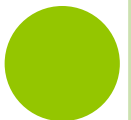
## Goals & Attitude



[https://www.youtube.com/watch?v=dEJQImzyOZ4&list=PLOdeaKKa\\_ZAiOP0Wf4pcw2-BYoI6OmfFH&index=12](https://www.youtube.com/watch?v=dEJQImzyOZ4&list=PLOdeaKKa_ZAiOP0Wf4pcw2-BYoI6OmfFH&index=12)

# OBJECTIVES

- Understand the importance of goal setting
- Define goal-setting techniques
- Create short-term and long-term goals
- Identify and obtain a mentor
- Understand the relationship between personality and positive attitude
- Identify your own personality traits and values
- Understand and influence the atmosphere in the workplace
- Develop a strategy for maintaining a positive attitude



# GOAL SETTING: SO WHAT? – PAGE 1

- In any situation there is a choice:
  - Be angry, frustrated, or hurt
- OR
- View disappointments as learning experiences
- Frustrations as a sign of needing a **different approach**
- Hurt feelings as an opportunity to be vocal in a **constructive** way

[https://www.youtube.com/watch?v=Bqk6E780fQ&list=PLOdeaKKa\\_ZAiOP0Wf4pcw2-BYoI6OmfFH&index=3&t=0s](https://www.youtube.com/watch?v=Bqk6E780fQ&list=PLOdeaKKa_ZAiOP0Wf4pcw2-BYoI6OmfFH&index=3&t=0s)



# GOAL SETTING: SO WHAT?

**Goal setting & positive attitude are related**

**Goals guide you in the direction you need to go – when your path is clear you can choose to be positive because you know where you are headed!!**

**You WILL encounter obstacles along the way but if you know your goal you can go around them!**



# GOAL SETTING – PAGE 2

- A Goal is a target (destination)
  - To reach the destination...
    - Gather necessary essentials
    - Plot out a defined route
    - Identify resources available for road blocks
    - Be prepared to take detours
  - Celebrate when you get there!

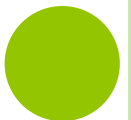


# SELF ASSESSMENT – PAGES 3-4

**COMPLETE – 5 Minutes**

How Good Are You at Goal Setting?

**Answer honestly to get accurate results!!!**



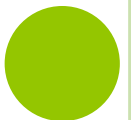
# HOW TO SET GOALS – PAGE 4

## **Begin with:**

- Self-reflection
- Introspection
- Grasp in reality

## **A goal:**

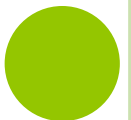
- Must be your own
- Should be inspired
- Should be attainable
- Should be in your control
- Should include a time frame
- Should include an action plan



# APPLY THE SKILLS – PAGES 5-7

**Complete – 15 Minutes**

Consider Prior Goals





# LONG-TERM GOALS – PAGE 8

- Destination with pit stops
  - Short-term goals along the way
- Long-term goals usually take a year or more
- Usually life changing events
- Usually change in some way during the “trip”



# SHORT-TERM GOALS – PAGE 12

- Planned actions → Short-term goals
- Also known as objectives
- Typically achieve within 1 year

## SMART GOALS

<https://www.youtube.com/watch?v=PCRSVRD2EAK>

- Specific
- Measurable
- Achievable
- Result-focused
- Time-bound



**Specific** – Clearly state your goal and be specific.

✓ *“To graduate from Rosedale with a 4.0 GPA and 100% attendance.”*

**Measureable** – Say how you will know that you have achieved that goal.

✓ *“I will walk across the stage and receive my diploma from Mr. Wilke.”*

**Achievable** – Say how you will accomplish your goal.

✓ *“I will continue to regularly attend school as well as study extra hard to earn above-average grades.”*

**Relevant** – How is this YOUR goal (not your family/friends goals) for your life?

✓ *“It has always been my dream to learn a trade that allows me to work with my hands and will support my family.”*

**Time-Based** – What is the time frame or date by which you want to achieve your goal?

✓ *“My graduation date will be Month Day, Year.”*



# FINDING A MENTOR – PAGE 20

## ○ Formal or informal relationship

- Teaches
- Advises
- Supports
- Guides

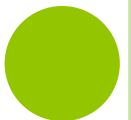
Sometimes schools and businesses will assign a Mentor – **WHY?**

- Parent
- Teacher
- Colleagues
- Clergy
- Friend
- Professional



# FINDING A MENTOR

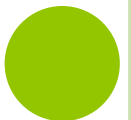
- Should have knowledge and expertise related to your goal
- Should be someone you respect and is respected in his/her field
- Should have a compatible personality to yours
- Has achieved the same or similar goal
- Should be an effective communicator
- Can provide constructive feedback
- Should have a passion or interest in others
- Is willing to be a mentor



# THINKING BREAK – PAGE 22

Who would you consider asking to be a mentor?

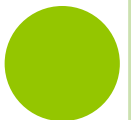
- List at least 4 possible
  - 2 personal
  - 2 professional



# PROFESSIONAL ATTITUDE – PAGE 22

- Having goal-setting skills will help you progress in your career
- Studies show that having a positive attitude can be the difference between achieving and not achieving a goal
- Employers look to hire and retain people whose personality fit company culture

**LinkedIn**



# ATTITUDE, PERSONALITY, & POSITIVE THINKING

- Dictate how a person responds to stress, conflict, crisis, and any other situation
- Understanding your own makes it easier to recognize how you respond to others
- This is why some employers require personality assessments – TEAMWORK!

<http://softskills.emcp.net/DISC>

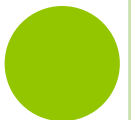




# POSITIVE MIND-SET

- Improves productivity, creativity, & engagement
  - People will be drawn to you
  - Helps keep you focused on your goals
  - Positive attitude = Higher energy levels

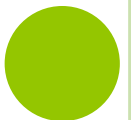
Positive thinking can be and should be automatic but if you have been conditioning yourself to think negatively throughout your life – this is your current default attitude!!!!



# SELF-ASSESSMENT – PAGES 24-26

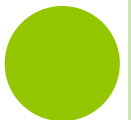
Complete – 10 Minutes

How Positive Are you?



# PRACTICE POSITIVE THINKING – PAGE 26

- In order to make positive thinking automatic, you need to practice it!
  - Be grateful
  - Say no to negative thoughts
  - Find a happy person and spend time with them
  - Fake it until you make it
  - Say “yes” to having a positive impact on others
  - Visualize success



# SUMMARY – PAGE 37

- There's nothing like the feeling of success!!
- Positive reinforcement is an essential part of achieving your goals:
  - **Intrinsic** (self-satisfaction)
    - Rewards that come from within you
  - **Extrinsic** (money, praise)
    - Rewards that come from external sources
- You will accomplish your goals only if you are “hungry” enough to achieve them
  - You MUST WANT THEM!!



# QUESTIONS?

