Part 1: Goal-Setting

Setting goals gives a person a list of end results they want to accomplish. Then they can work backward through the leadership process to figure out why they want to accomplish those goals, what their values and strengths are that will help them get there, and what areas they will need to work on along the way. The goals are also used to develop a plan of action, set a timeline, and make a list of accomplishments that will be needed.

You are going to set goals now, and then at the end of the leadership process, you are going to come back to these goals, and see if they are still your goals for the year, or if you want to make changes. You will use these goals as you move through the personal leadership development process.

Assignment

Set 10 goals, 5 short-term and 5 long-term goals.

Short-term (next 3 months)
Personal goal:
Academic goal:
Athletic/Physical Activity goal:
Leadership goal:
TSA goal:

Long-term (next 12 months)
Personal goal:
Academic goal:
Athletic/Physical Activity goal:
Leadership goal:
TSA goal:

When you are setting your goals, be realistic. If you haven't competed in a TSA event before, is it realistic to set a goal of winning the event? Perhaps a more realistic goal is to place in the top 3 in the event. On the other hand, dream big, and use your goals to get you there. Don't let anyone limit your thinking.

Group discussion
If your advisor wants to continue the activity, or turn it into a group discussion:

Share your short-term and long-term goal in one of the categories.
Why are those goals important to you?
How can sharing goals with another person, or a group, be helpful to you?
How does this show vulnerability and courage at the same time?

Examples:

Goals
Personal goal: lose weight
Academic goal: get straight As
Leadership goal: be elected to the TSA state officer team
TSA goal: win the photography competition at the state level this year

Group discussion
Personal goal: short term, drink more water, long term, lose weight
I want to accomplish these goals so I look better, and am more healthy, so that I can do more activities.
Sharing goals gives me other people to keep me accountable, whether that is encouraging me when I'm frustrated, or giving me healthy snacks when I want to stop for ice cream.
Sharing these goals gives people an insight into how I feel about myself, and gives them the ability to ridicule me, which leaves me vulnerable. It takes courage to leave yourself vulnerable, but it can help me accomplish my goals also, because I know people are watching to see if I can do it.