

Goal Setting

What sort of person are you?

Before you start looking for work / volunteer placements or applying for specific jobs or courses, think about and answer the following questions. These will summarise what you have found out about yourself so far.

Instructions – circle, underline or comment on the aspects you would most prefer?

1. Do you like working with people, things or data?
2. Do you like working as part of a team or working alone, or both?
3. Do you prefer being indoors or outdoors?
4. Do you like responsibility, or would prefer that the responsibility lay with someone else?
5. Are you creative or practical?
6. Do you like working under pressure, or prefer to be left to sort things out by yourself, or a mixture of both?
7. Are you self disciplined or do you need someone to drive you?
8. Do you prefer a quiet, sedentary job or a job that takes you out and about?
9. Do you like a job involving facts and researching, figures and calculating, a lot of writing?
10. Do you / would you move away from home to find a job? Yes / No
11. What matters to you most? Job satisfaction, pay, conditions of work, people you work with, promotion opportunities, job security?
12. What are you feeling about going on to further education or training?

Think about the following questions:

- Where do I see myself in 5 years time?
- Where do I see myself in 10 years time?

There are many factors that you could consider, such as:

- Where will I live?
- Who will I live with?
- Will I have a family of my own?
- What sort of house will I live in?
- What sort of job will I have?
- Will I have had to do some kind of training to get that job?
- How much money will I earn?
- What sort of car will I drive?

And any other question you can think of

Goal setting – Part A

Successful goal setting must be –

- **Small** – manageable small steps at a time
- **Specific** – know what you would like to achieve
- **Reasonable** – it should make sense and be achievable
- **Positive** – what will you be able to complete
- **Independent** – does not depend on other people, you are responsible

Now it is time to make a plan! This plan can include:

- Jobs
- What I see myself doing in the next 6 months
- Where I want to be in the future
- Lifestyle
- And any other aspect of your life that is important to you.

What do I know about myself that helps me achieve my goals?

What is it about myself that makes it hard for me to achieve my goals?

What or who can I rely on to help me achieve my goals?

What or who will distract me from achieving my goals?

What do I need to do to make sure that I will achieve my goals?

What are my short-term goals for the next 6 months to 1 year?

What are my long-term goals for the next 5 to 10 years?

Goal setting - Part B [to be complete before Pathways Counselling]

In this section you are going to take your vocational or job goal and make a specific and achievable plan.

(You can use this model for other goals but for the purpose of this module you must use your job goal)

Goal: Outline the job you would like to have.

What do I want to be able to do? Short term goals towards getting your job.

What do I want to be able to do? Long term goals towards getting your job.

What am I currently doing to achieve this goal?

What else do I need to do?

What do I need to do differently?

What resources / help do I need?

People

Material

Other

What obstacles do I need to plan around?

When will I begin?

How will I know when I have achieved my goal? When will I check my progress?