



www.theyouthcareercoach.com

GOAL SETTING JOURNAL®

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Goal Setting

Goal Setting is a powerful process for thinking about changing your present, creating your future, and for motivating yourself to turn your hopes and dreams into a reality.

The process of setting goals helps you choose where you want to go in life. By helping you determine what you want to achieve, and where you need to concentrate your efforts. You can also determine the distractions that could deter you from reaching your goals.

Goal Setting can also be inspirational and a motivating factor in your daily lives.

Whether personal or for business, the most effective goals are designed to be S.M.A.R.T.

Specific (Who is involved? What do I want? Where do I want it? Why do I want it?)

Measurable (How will you measure your goal? How much? How many? When?)

Attainable (What makes is possible? What are your attitude, ability, skills, and financial capacity, showing you?)

Realistic (Are you able and willing to make this happen? Do you believe in this? Have you achieved anything similar to this goal at any point in time?)

Tangible (Are your senses involved: taste, touch, smell, hearing, or seeing? Grounded with a date in mind – someday doesn't cut it. What is your target date?)

“Begin now with the end in mind!”

Various Leaders

"It's never too late to be who you might have been."

George Elliot

Ask yourself, ‘Why is it important to know the difference between a dream & a goal?’

Dream

noun

1. a succession of images, thoughts, or emotions passing through the mind during sleep.
2. the sleeping state in which this occurs.
3. an object seen in a dream.
4. an involuntary vision occurring to a person when awake.
5. a vision voluntarily indulged in while awake; daydream; reverie.

Goal

noun

1. the result or achievement toward which effort is directed; aim; end.
2. the terminal point in a race.
3. a pole, line, or other marker by which such a point is indicated.
4. an area, basket, cage, or other object or structure toward or into which players of various games attempt to throw, carry, kick, hit, or drive a ball, puck, etc., to score a point or points.
5. the act of throwing, carrying, kicking, driving, etc., a ball or puck into such an area or object.

Resource: <http://www.dictionary.com>

"The tragedy in life doesn't lie in not reaching your goal. Tragedy lies in having no goal to reach."

Benjamin Mays

EXERCISE:

Now take a goal in mind & close your eyes.....

Where are you?
What do you look like?
What are you wearing?
Who is there?
What colors do you see?
What do you smell?
Are you carrying anything?

Now answer these questions.....

1. Are you setting these goals for yourself or others?

2. What are some goals you have right now?

3. What have you done about those goals?

"To me, there is only one form of human depravity – the man without a purpose."
Ayn Rand in Atlas Shrugged

NOW BEGIN WITH THE JOURNAL



**NOW TAKE THOSE NOTES & CREATE
'MY GOAL STATEMENT'**

Describe the goal you hope to reach. Try to keep it between a 1-5 sentences. Write this on the day you begin your journal and refer to it often. It will help you stay on track.

WHAT IS YOUR GOAL STRATEGY?

List steps you will need to follow to achieve your goal(s), how often you will put in the work, what —mini-goals you need to achieve to get to your big goal, and how often you will check your progress.

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"By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be. Put your future in good hands — your own."

Mark Victor Hansen

QUANTIFY YOUR GOAL

Lastly, quantify your goal, that is, define it in terms of a **number** you are aiming for. Examples of quantifiable goals are the number of minutes you want to practice the piano this month, the number of books you want to read over spring break, how fast you want to run 1 mile, the amount of time you are going to spend with your children, the amount of dinners you plan to make for your spouse, or the number of dollars you want as your raise. When you write your mini-goals quantify it so you'll be sure to see your progress.

MY RESOURCE LIBRARY

In this space, list all the available resources that may help you reach your goal such as friends, information sources, and productivity tools and how they can help you. This list will grow and change as you discover new resources along the way.



Natascha is a certified career coach, speaker and entrepreneur. She provides coaching in the areas of: continuing education, resumes, vision statements, interviewing and networking. Natascha has overcome many triumphs in her life including: being raised in a home with domestic violence, surviving abusive relationships, the death of her brother who was discovered in the Charles River and being diagnosed with a learning disability. Yet, through perseverance she earned a BA in Image Consulting, an MBA in Global Business, an Executive MS in Leadership and is currently working on her Doctorate in Education.

Natascha's former employers include: Neiman Marcus, Saks Fifth Avenue, Ann Taylor, Macy's, Swarovski & Roxbury Public Defenders. She has also served as a Financial Associate at A.G Edwards & Sons, Co-op & Employment Specialist at Johnson & Wales University, & Assistant Director of Career Services for Boston University School of Management. She currently sits on the MBA Admissions Committee for MIT Sloan School of Management, Board of Directors for Dimock Community Health Center, Leadership Faculty at Northeastern University and University of Rhode Island, and is the CEO of The Youth Career Coach Incorporated.

She has spoken at many institutions including: PWC, Federal Reserve Bank, State Street, The Fenway, The Met Schools, Brown University, Harvard University, Simmons College and Spelman College Boston Alumnae Chapter 'Girls Day'; along with various churches. She has been featured in media outlets such as: ABC 5 City Line, BNN, COX, Color Magazine USA, Scholastic Choices, Gen Y Radio, Touch 106.1 FM, Metro News, The Boston Globe and Working Mother Magazine.

Natascha was a contributing writer for the book 'Obama & Black Loyalty Vol. 1 Chapter 5: Black Youth & Unemployment'. She was also the 2010 recipient of the Harvard WECAN Woman of the Year Award and the 2011 Tory Johnson, Spark & Hustle 'Daring Doer' Recognition.

Natascha's motto is: "***BE WHAT IT IS YOU WANT TO ATTRACT!***"

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