



ADIRA

Confident, Bold, Wise



# EFFECTIVE GOAL SETTING

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Jan 9<sup>th</sup>, 2024

# Session Objectives

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1. Understand the different types of goals

2

2. Discuss how to make SMART goals

3

3. Understand how to map your goals effectively and practically

4

4. Discuss the challenges of effective goal setting.

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# Acha tutaplan.

*(phr.)* We endelea na maisha yako. Hakuna kitu tutaplan.

“A dream becomes a goal when **ACTION** is taken toward its achievement.” —

Bo Bennett

Which of these do you struggle with the most?





1. **DO YOU KNOW THE MEANING OF SMART GOALS?**
2. **ARE YOUR GOALS SMART?**

2

How to make  
SMART goals

S

SPECIFIC

Your goal is direct,  
detailed, and meaningful.

M

MEASURABLE

Your goal is quantifiable to  
track progress or success.

A

ATTAINABLE

Your goal is realistic and you  
have the tools and/or  
resources to attain it.

R

RELEVANT

Your goal aligns with your  
company mission.

T

TIME-BASED

Your goal has a deadline.

# Example of Smart Goals



**Specific**- Loose 10kg



**Measurable**: This goal is easy to measure using a weighing scale



**Attainable**: I currently weigh 85kg which is not healthy for me. I need to maintain an average weight of 70-75kg to manage my blood pressure



**Realistic/Relevant**: I need to regulate my high blood pressure through weight loss. I can do this by taking up something I enjoy –Swimming twice a week



**Time Bound**- Jan- Jul 2024



**PAUSE**



# Example

Goal	Area of Life	Why/Rationale	Timeline/When
Lose weight: 10kg	Physical wellness	I currently weigh 85kg which is not healthy for me. I need to maintain an average weight of 70-75kg to manage my blood pressure	June 2019
Write one blog article per month	Self development, Leisure & Career	I like blogging and I want to build mastery and enhance my brand as a blogger	Dec 2020
Get 2 mentors and establish at least 3 new professional & 3 social contacts	Self development/career	Expand my sphere of influence & networks.  To help in my job hunting	Quarterly

