



Student Leadership Services^{Inc.}

Changing thoughts. Challenging behaviors.

Building Toward Success

Adapted By: Student Leadership Services, Inc.

Developed by: Amanda Osborn, SLS Alumna

You need to set goals so you can achieve many things in your life. Here are more reasons why they are important.

Why do we need to set goals?

1. Achieve more.
2. Improve performance.
3. Increase your motivation.
4. Increase your pride and satisfaction in your achievements.

Performance Goals vs. Outcome Goals:

Performance Goal:

This is a goal that is independent of other people. You are grading yourself based on past performances. Your only opponent is yourself.

Outcome Goal:

This goal depends on other people. You are competing against others and you don't always have control of the outcome this way.

Remember!

- Organization is key. If you're not able to see what you need to do, you won't do it.
- Having a plan is the only way you can achieve your goal.
- Picture it.