

NOAC 2024

CU Boulder

A stylized graphic of a mountain range with jagged peaks, rendered in orange and white against a dark blue background. The text 'SEEK NEW HEIGHTS' is written in white capital letters across the base of the mountain.

SEEK NEW HEIGHTS

# Setting Goals for Success

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# Meet Your Trainer

- Ma-Nu Lodge #133
- Edmond, Oklahoma
- Orthodontist

When not Scouting or at work, you will likely find me riding a bicycle or working on old cars. I have documented over 33,000 miles on a bike and have 4 cars that are over 25 years old!



Dr. Justin Power



# Learning Objectives

1. Develop strategies to overcome challenges and achieve personal goals.
2. Learn to set SMART goals.
3. Understand the importance of goal setting in personal and professional development.



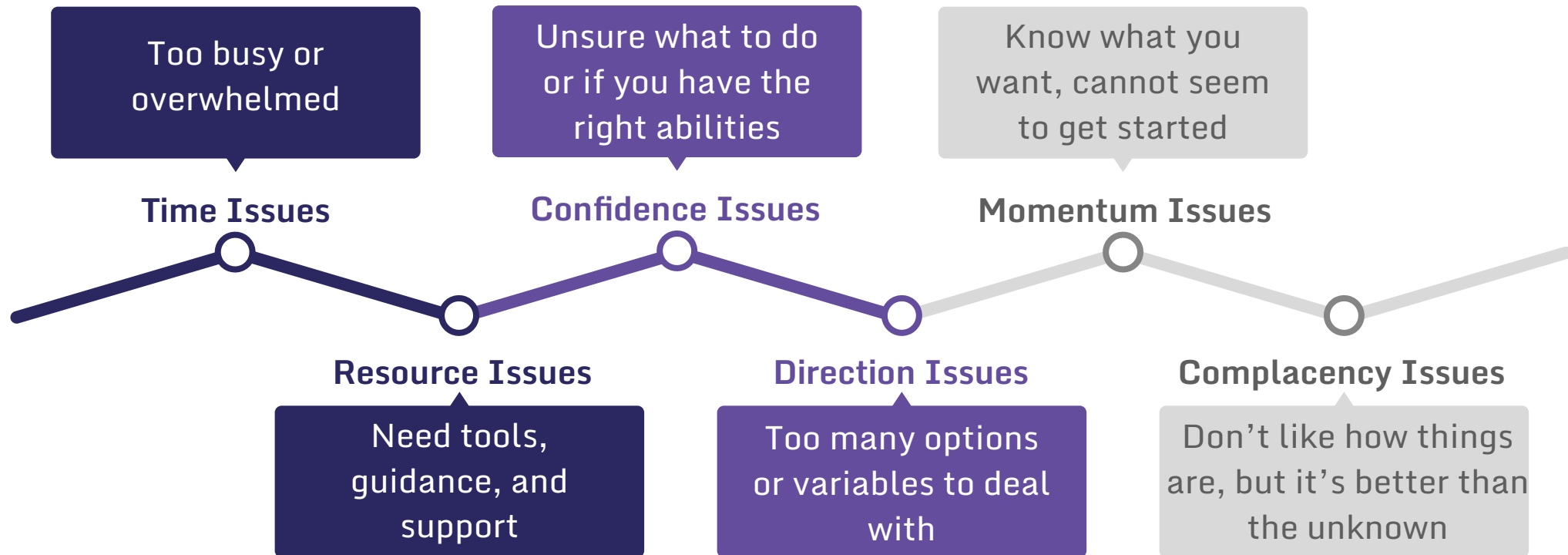




# Overcoming Challenges and Achieving Personal Goals



# Obstacles



# How to Overcome Challenges

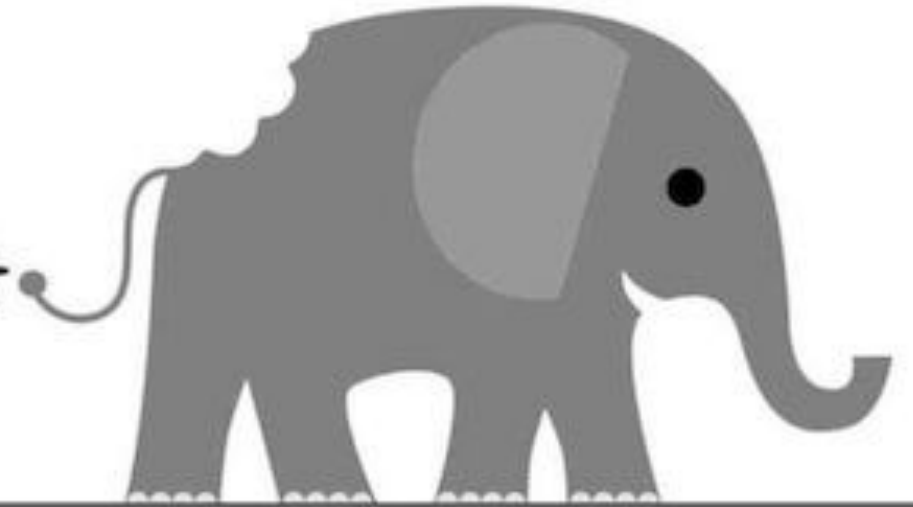
#1:  
Write or  
revisit your  
SMART  
Goals



# How to Overcome Challenges

#2:  
Break it  
down into  
smaller  
pieces

HOW DO YOU EAT AN ELEPHANT?  
ONE BITE  
AT A TIME





# How to Overcome Challenges

#3:  
Lean on  
your peers



# Smart Goals



	<b>S</b>	<b>Specific:</b> The goal must be very specific and grounded in something that's significant to you.
	<b>M</b>	<b>Measurable:</b> The goal must have some sort of measurement (days, pounds, miles, etc.).
	<b>A</b>	<b>Achievable:</b> The goal must be realistic and reasonable.
	<b>R</b>	<b>Relevant:</b> The goal must relate to what you're hoping to accomplish.
	<b>T</b>	<b>Time-bound:</b> The goal must have a timeframe and that timeframe must be reasonable.





# Smart - Specific



Sp*eci*fic



# sMart - Measurable



# smArt - Achievable





# smaRt - Relevant



# smarI - Time-Bound





# Goal Setting for Personal and Professional Development







# Goal Setting and Personal Growth





# Goals as a Compass in Life



# Goals and Personal Development

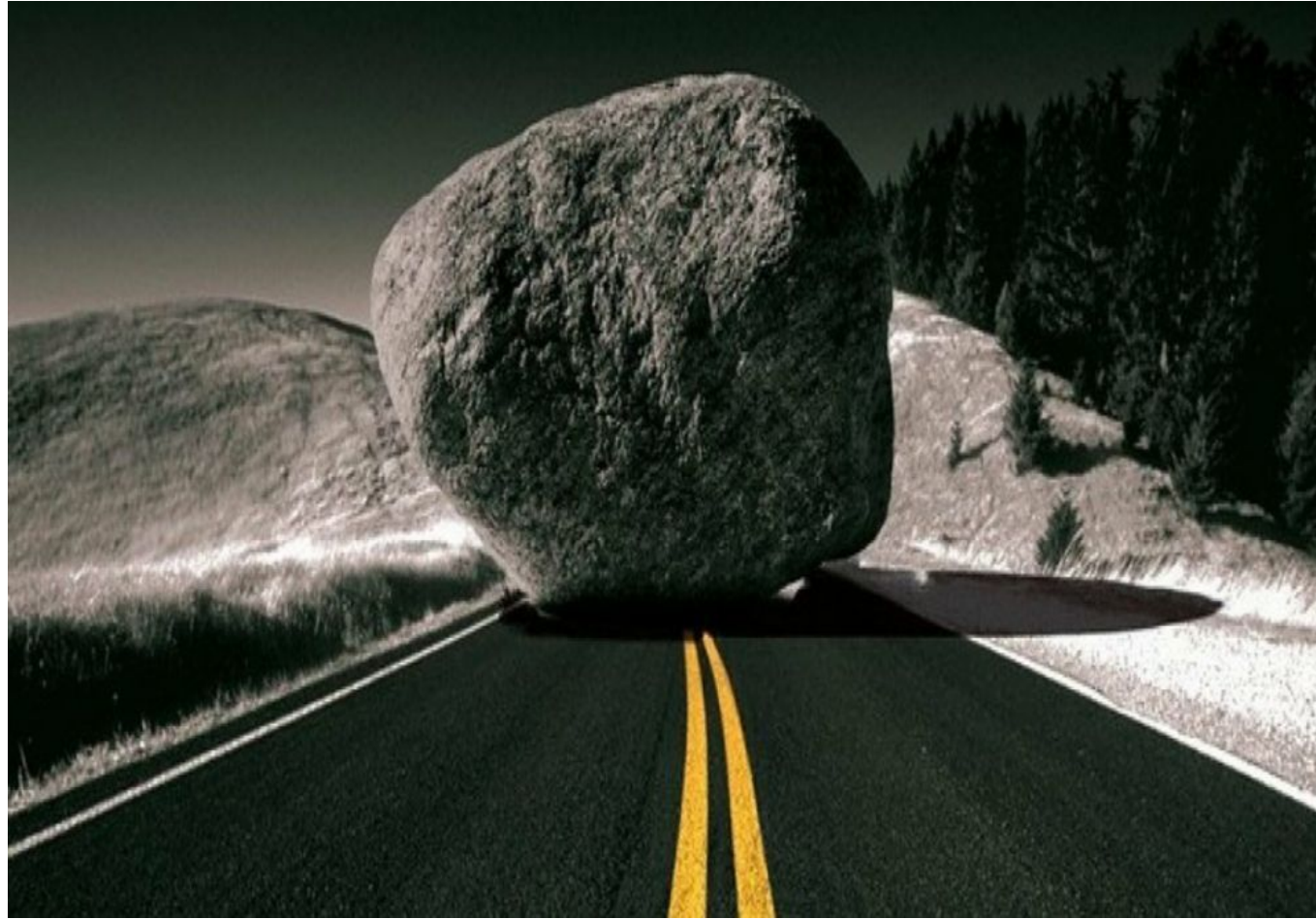


# The Role of Goals in Different Areas of Life





# Obstacles to Goal Achievement



# Tips for Effective Goal Achievement

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# The Importance of Goal Achievement for Personal Development



# Goal Setting Gives Life Direction





# Takeaway Challenge

Write down 3 key takeaways  
that will enable you to  
Seek New Heights



# Thank you!



Please take a moment to  
fill out the feedback form.

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A-MA734529



# Thank you!

Please take a moment to fill out the feedback form.

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