

NOAC 2024

CU Boulder

A stylized graphic of a mountain range with jagged peaks. The mountains are filled with a bright orange color and have a white outline. They are set against a dark blue background that forms the base of the mountains. The text 'SEEK NEW HEIGHTS' is written in white, uppercase letters across the base of the mountains.

SEEK NEW HEIGHTS

Setting Goals for Success

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.

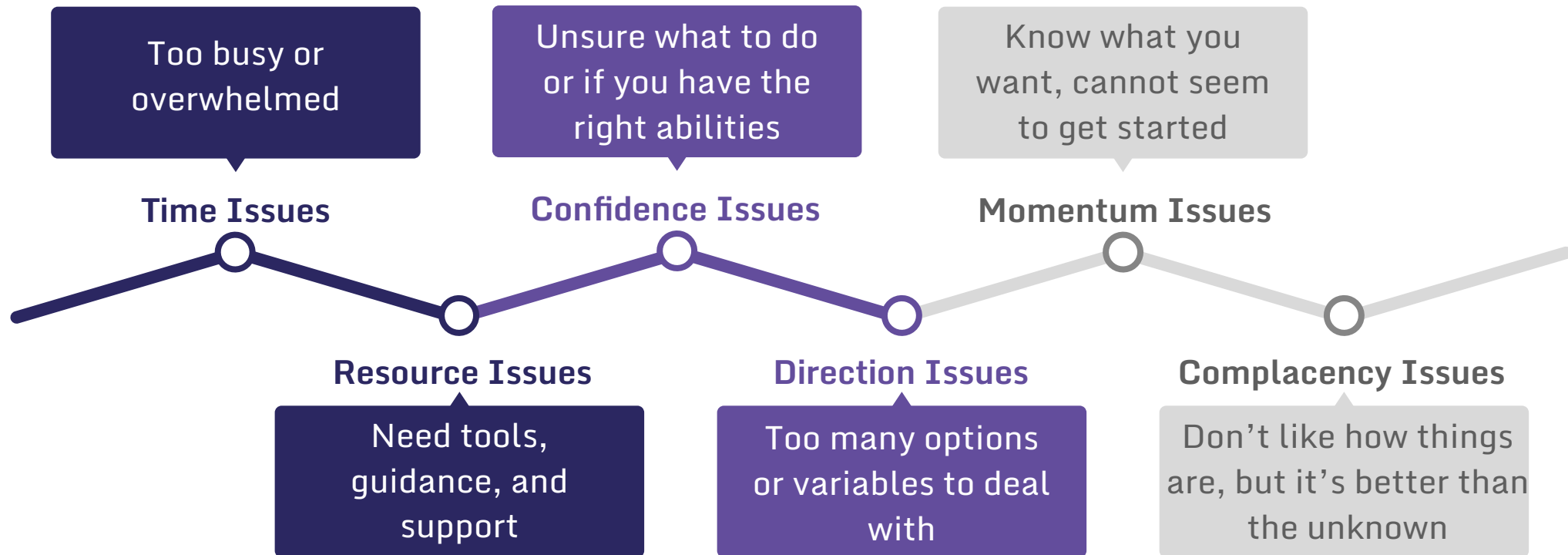




Overcoming Challenges and Achieving Personal Goals



Obstacles



How to Overcome Challenges

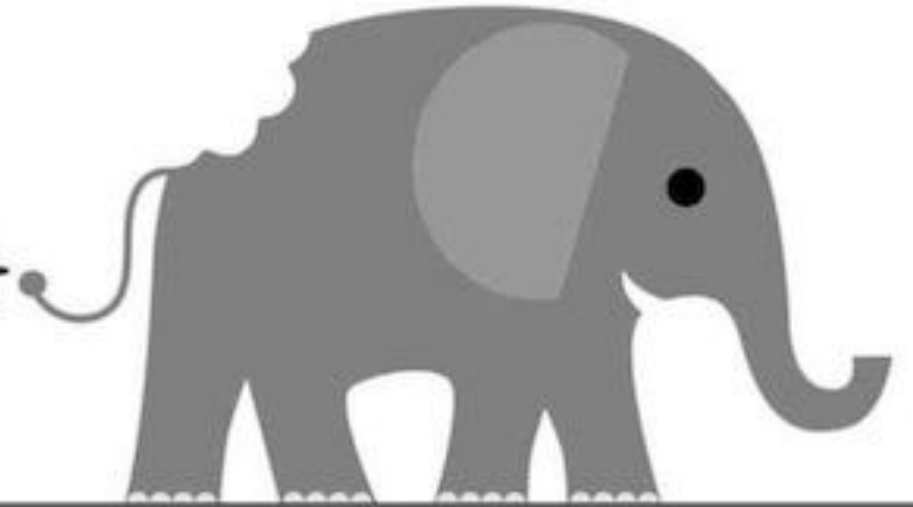
#1:
Write or
revisit your
SMART
Goals



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



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



Smart - Specific



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



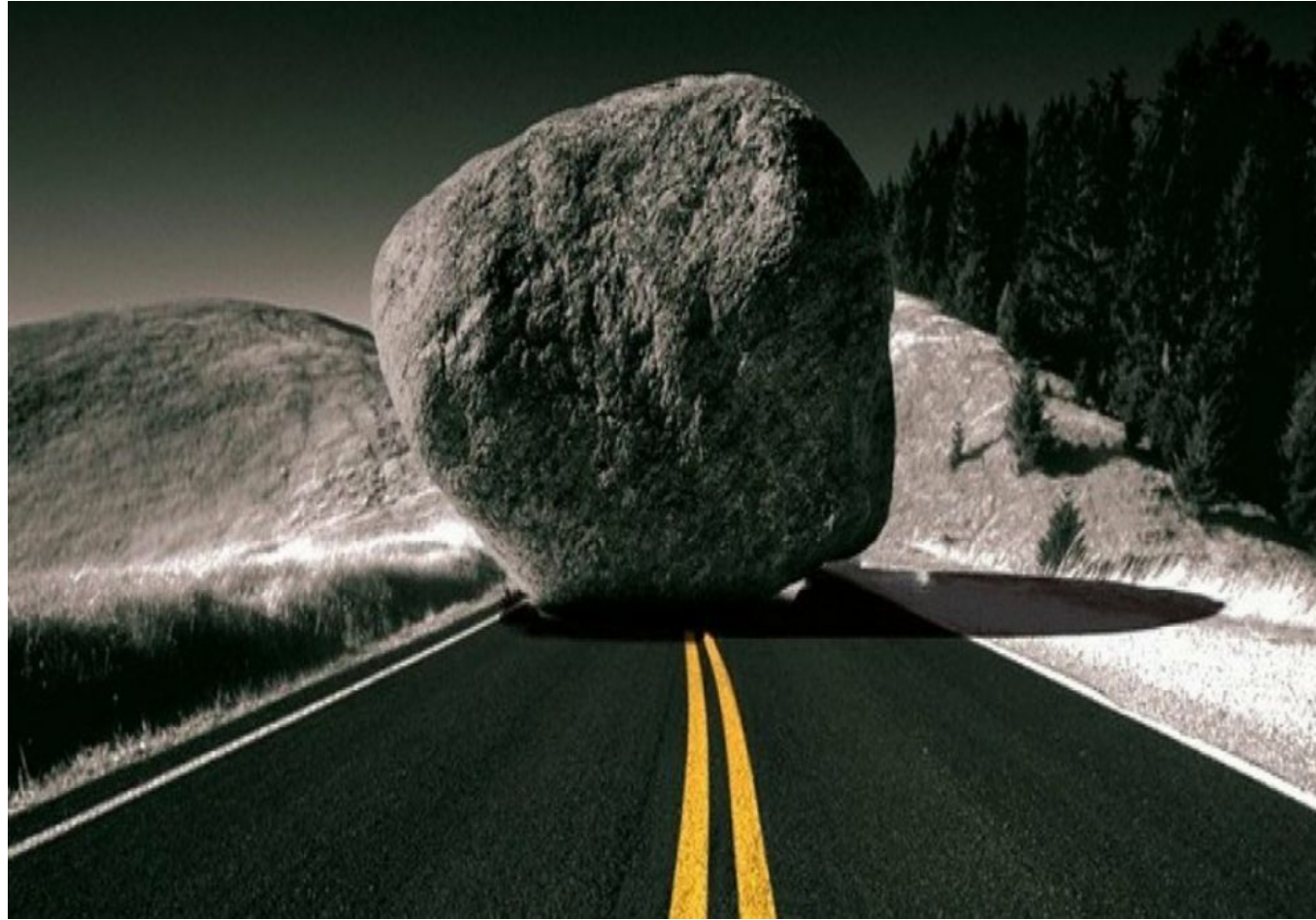
Goals and Personal Development



The Role of Goals in Different Areas of Life



Obstacles to Goal Achievement



Tips for Effective Goal Achievement



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!

