

NOAC 2024

CU Boulder



SEEK NEW HEIGHTS

Goal setting and Time Management

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Meet Your Trainer

- Bob White Lodge 87 in the Georgia Carolina Council.
- Hometown: Evans, GA
- Fun Fact: I love running and I own a photography business!



Maddie Wilson



Icebreaker

Goal: everyone needs to be in a group of four people all from different states.

You must be in a group of people you currently do not know.
You CANNOT say what state you are from.
You CAN describe what your state is known for.
Participants should be creative when explaining where they are from.

Example: I'm from the peach state down south.



Learning Objectives

- **Objective 1:** Learn the significance of goals
- **Objective 2:** Learn how to create S.M.A.R.T. goals
- **Objective 3:** Show Arrowmen the importance and significance of a to-do list.
- **Objective 4:** Help leaders prioritize goals and tasks effectively.
- **Objective 5:** Recognize the importance of goal setting and how that can contribute to the success of a Lodge or Chapter.



The Significance of Goals

What is the significance of goals?

What are some goals you have?

Short-term goal: no more than 6 months, short period of time, support a long-term goal.



The Significance of Goals

Long-term goal: more than six months, complicated and require more work

Use a Post-It note to write down at least one short-term goal and one long-term goal.



Creating S.M.A.R.T. Goals

Specific: everything is laid out logically and clearly so that there is no room for confusion or misinterpretation.



Creating S.M.A.R.T. Goals

Measurable: define what evidence will prove you are making progress and have reached your goal.



Creating S.M.A.R.T. Goals

Attainable: make sure the goal can be completed.



Creating S.M.A.R.T. Goals

Relevant: the goal should align with your life and what you want to accomplish.



Creating S.M.A.R.T. Goals

Timely: set a deadline for achieving your goal. This helps motivate you before the deadline.



Creating S.M.A.R.T. Goals

Revise your short-term and long-term goals using the S.M.A.R.T. acronym.

Specific, Measurable, Attainable, Relevant, and Timely.



Carrying Out Your Goals

What is the best way to make sure you are always working toward your goal and making sure it is done on time?

-the goal should be written down.



Carrying Out Your Goals

Where should the goals be kept?

-somewhere you are likely to see it often.



Prioritizing Goals and Tasks Effectively

What is a to-do list and how can you use it when setting goals?

Do you ever feel like you don't have enough time to do everything you need to do?



Prioritizing Goals and Tasks Effectively

- study for a math test tomorrow
- go to a scout meeting on Thursday
- read chapters 1-7 in English book for Wednesday
- complete history powerpoint that is due in three weeks
- hang out with friends

Make the to-do list organized by highest priority.



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Takeaway Challenge

How will you better manage your time
and set goals to do your best?



Thank you!

Please take a moment to fill out the feedback form.



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