

# Quick Connect: Goal Setting

## Learning Objectives:

Brief motivational conversation about future orientation and goal setting

### Part 1: Introduction (1 minute)

"I know life can throw a lot at us, and sometimes it's hard to think beyond today or tomorrow. But taking even a few minutes to think about where you're headed can make a big difference. Tell me about a goal you are working towards."

### Part 2: SMART Goals (2 minutes)

"The thing about making that goal come true is turning it into what we call a SMART goal:

- **Specific:** Clear about what exactly you want
- **Measurable:** So you know when you've achieved it
- **Achievable:** Challenging but possible
- **Relevant:** Actually matters to you
- **Time-bound:** Has a deadline

For example, instead of 'I want to do better in school,' a SMART goal would be 'I will pass all my classes this term by doing homework every day and asking for help when I need it.'

Big goals can feel overwhelming, so the trick is breaking them down into smaller steps. What's one small step you could take this week that would move you toward that future goal we talked about?"

Listen to their response and help them make it specific if needed.

### Part 3: Commitment & Closing (2 minutes)

"That sounds like a great first step. When exactly will you do this? And who's someone you could tell about it to help keep you accountable?"

Help them set a specific time and identify a support person.

"I believe you can do this. Remember that reaching goals isn't always a straight line—there might be setbacks, and that's normal. The important thing is to keep adjusting and moving forward. Your worth isn't based on achieving goals, but having direction can help you navigate challenges. Next time we talk, I'd love to hear how it went with this first step. Keep your eye on that goal—small actions today help create your tomorrow."