

ACTIVITY

Artistic Goal Setting

Have you thought about setting a few goals for the next 1-2 months?

Setting clear, yet simple goals help to keep you motivated and settled with things are a little challenging! Keep in mind that goals can be physical, mental AND social in nature:

It is important, however, that you ask yourself supportive questions so you don't beat yourself up too much! So grab a beautiful book, your favourite pen, feel free to put pictures or drawings in to add to the fun, and **START DREAMING!**

Thoughts as you think about your Goals!

REMINDER:

- Goals should be challenging and exciting, but achievable.
- Goals work best when they are neither too easy or too difficult.
- Goals should be **Process-driven** (in your control), not **Outcome-based** (out of your control)
- Goals should be **Specific. Measurable. Action-oriented. Realistic. Time-sensitive (S.M.A.R.T.)**

Choose 3 Goals for this year (12 months)

- Are these goals **PROCESS** goals or **OUTCOME** goals?
- If they are **OUTCOME** goals, how you change them into **PROCESS** goals
- Have you shared these with the people in your "CIRCLE"? (i.e. Coach, Parents, Teacher, Family, etc.)

List 3 things you plan on doing this week to work towards your Goals for this year.

- How are you going to make sure that you include these 3 things into your weekly plan?
- How and when will you evaluate/review these goals?
- When will you create new goals for **NEXT WEEK?**

**THE ARTISTIC
ADVANTAGE**

with Stacey Nunez