

# GOAL SETTING

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**READY,  
SET ...  
GOALS!**



**COUNSELLOR REWA**  
Resolving the unresolved

# WHAT IS A GOAL?

A person's wish or desire to achieve something with a systematic planning is called a goal.



# WHAT IS A GOAL SETTING

The systematic plan or an action plan followed with step by step activities to achieve the planned goal is called a goal setting.



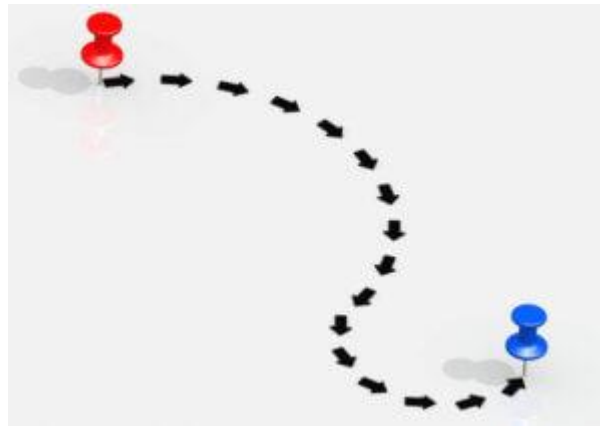
# WHY TO SET A GOAL?

- Short term motivation.
- Long term vision and passion.
- Achievement.
- Personality development.
- Creative Thinking.
- Learning.
- Patience.
- Confidence.
- Self- esteem.

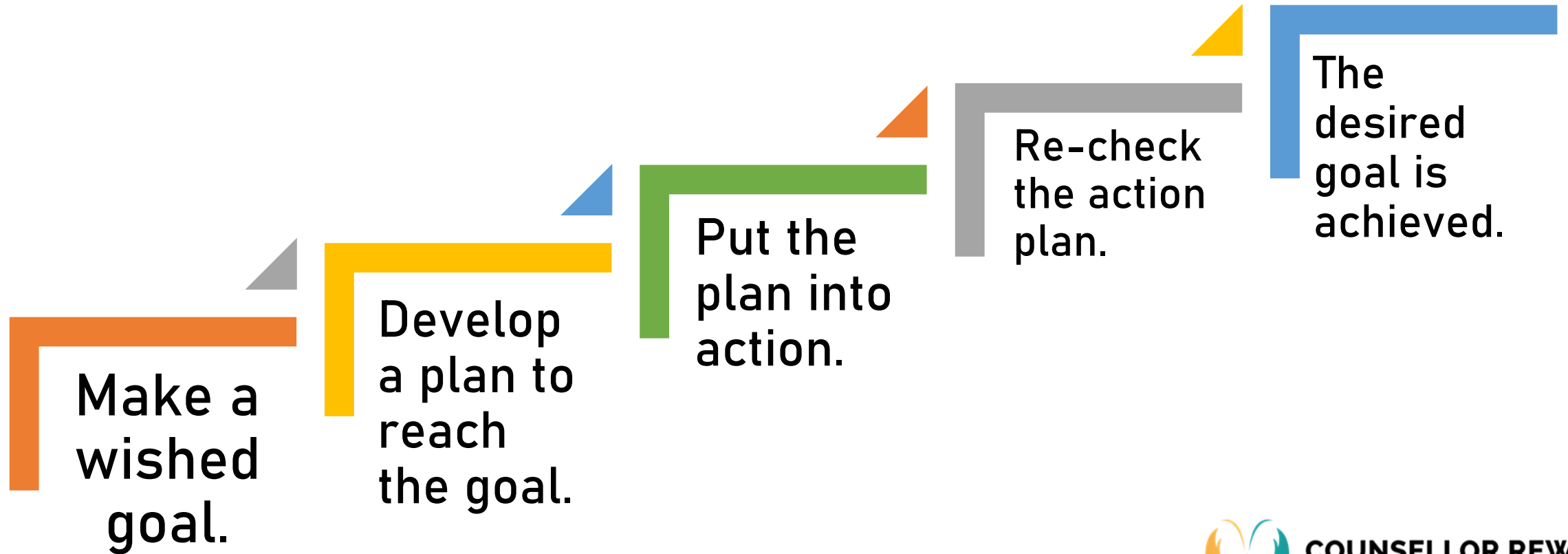


# TYPES OF GOALS

**SHORT TERM GOALS**  
**LONG TERM GOALS**



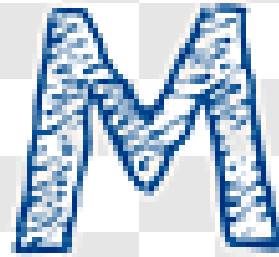
# STEPS TO ACHIEVE A GOAL.



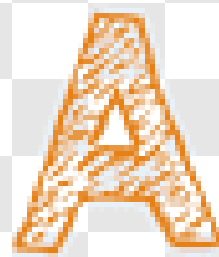
# SMART WAY TO ACHIEVE A GOAL.



Specific



Measurable



Attainable



Relevant



Timely

Are your Goals SMART?



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# THANK YOU



## COUNSELLING SERVICES

Child | Adult  
Parental | Marital  
Family | Career

## TESTING SERVICES

IQ | Aptitude  
Interest | Personality

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