

Goals

Who are Inspiring Choices?

We support young people as they make decisions about their future education and career.

What we do:

- Run activities in schools and colleges
- Work with young people aged 15 and above
- Opportunities to consider future education options and how to achieve these
- 1 to 1 support
- Organise university campus visits



Aims of the session

- Think about how your passions and decisions influence your goals.
- Understand how to set goals and why goals are important.
- Explore educational, professional and personal goals.
- Understand what matters to you.



What are you proud of?



Something you've done:

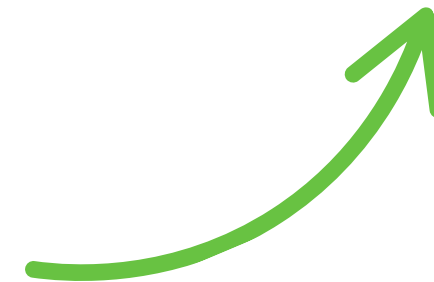
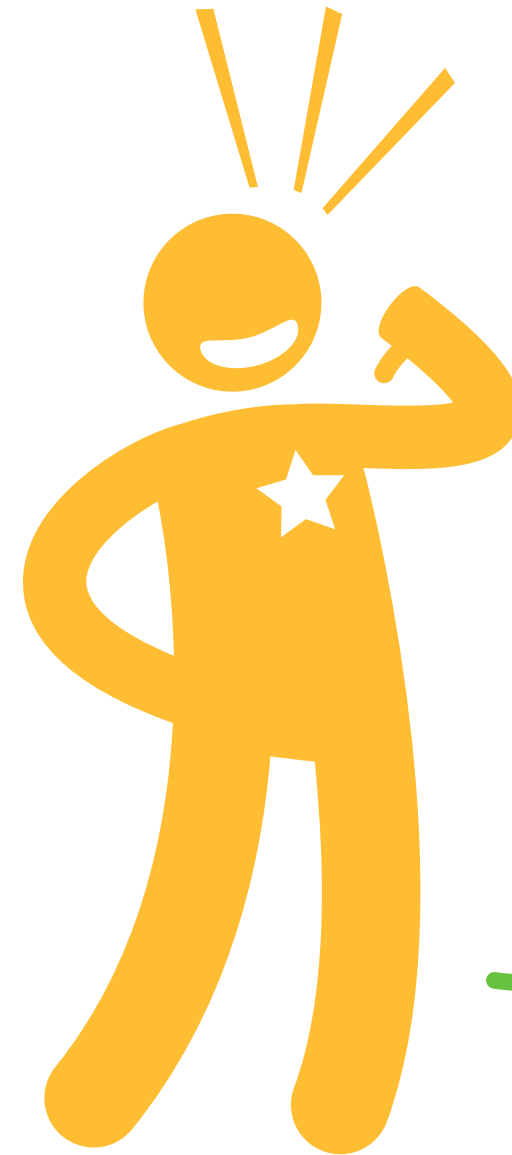
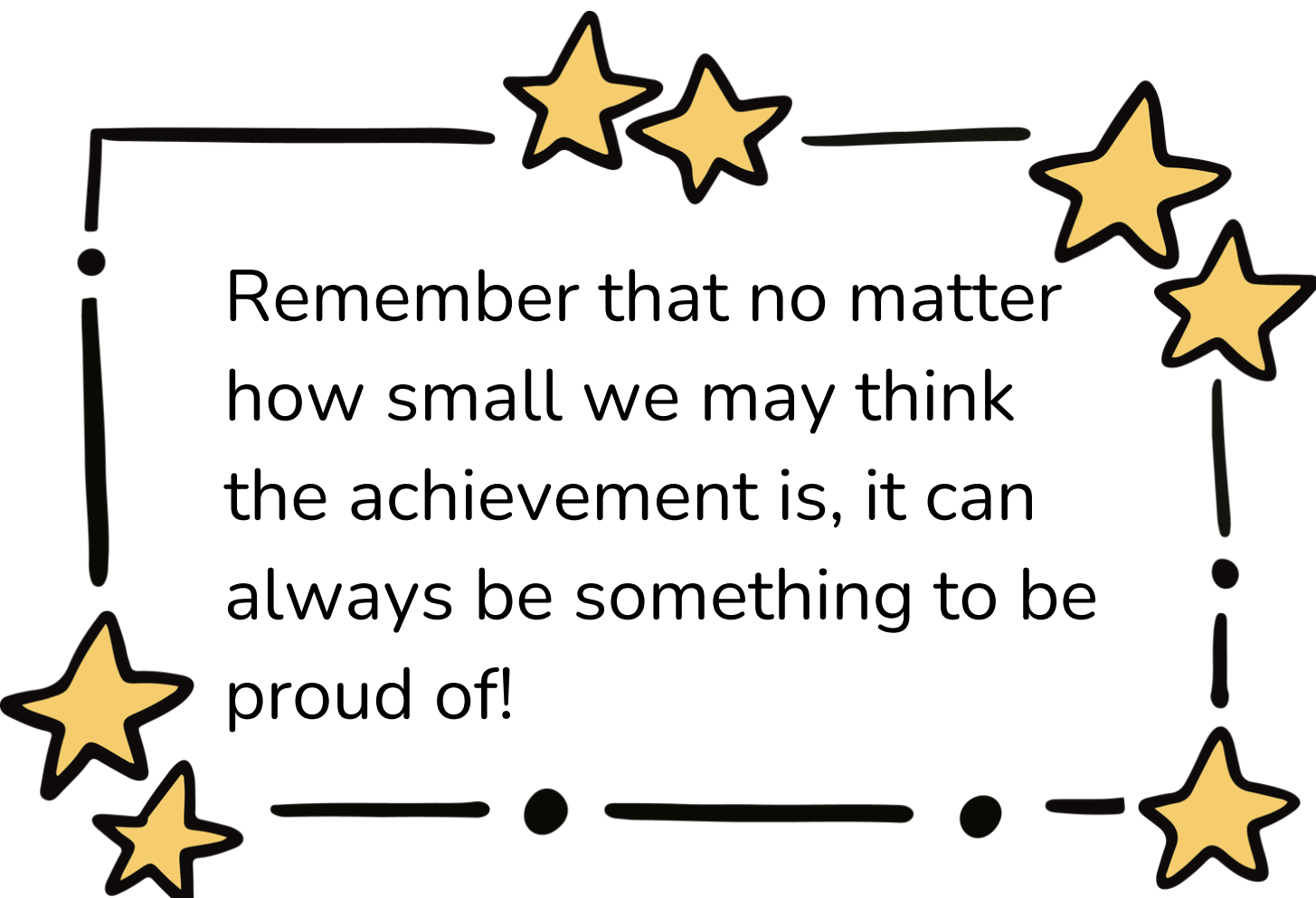
- Started a new hobby
- Started volunteer work or a new job

A time you have helped someone:

- A friend or family member
- A stranger

Something you own:

- Something sentimental
- Your favourite item of clothing



What are we proud of?

Jamie: I'm proud of being able to stand up and present in front of a crowd.



What are we proud of?

Abbie: I'm proud of completing my first aid training.



What are we proud of?

Emily: I am proud of starting singing lessons this year.



What are we proud of?

Molly: I'm proud that I have read 50 books this year.

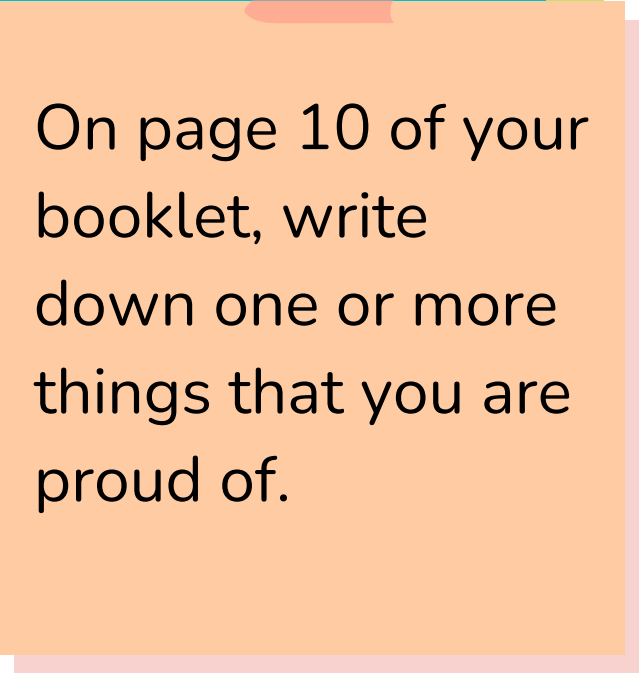


A yellow, irregularly shaped badge with a scalloped edge, containing the word "Activity!" in black text.

Activity!

A large, light blue rectangular box with a light green border, containing the main title text.

What are you proud of?

A light orange rectangular box with a thin pink border, containing instructions for the activity.

On page 10 of your booklet, write down one or more things that you are proud of.

What is motivation?

Motivation is when you have a reason for doing something. When you are motivated by something, this influences the way in which you behave.

People can be motivated by:

Money



Praise



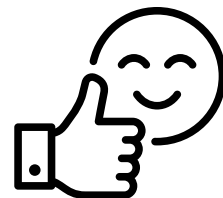
Perfectionism



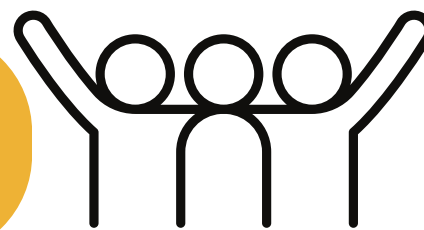
Achievement



Satisfaction



Other people



Power



Themselves^{Me}

The value of doing something



Fun

Guilt



Intrinsic and Extrinsic motivation

There are two types of motivation:

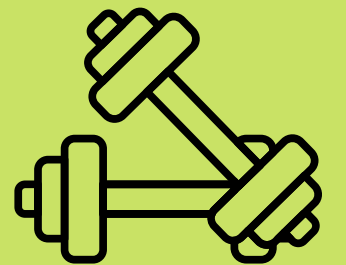
Extrinsic Motivation

You feel motivated by an **'external'** reward, such as a good grade or money.



Intrinsic Motivation

You feel motivated by yourself, **'internally'**.
For example, going to the gym to improve your health.



You will find that you are motivated by both external things and internal things throughout your life. This will affect the quality of your motivation.

The quality of your motivation

What you are motivated by can affect the quality of your motivation and can have an effect on your self-motivation.

✦ If you complete your homework so you don't get told off, is that good quality motivation?

✦ What about if you complete your homework so you build confidence in that subject?

Having a positive intention for completing something is usually better for your self-motivation.

What kind of motivation works for you?

Now think about **what motivates you**.

- What kind of motivation is effective in making tasks and goals feel easier for you?
- Is there anything that doesn't motivate you and makes you feel weighed down?

Activity!

Use **page 10** of your booklet to reflect on what motivates you and what does not.

You can do this as a writing exercise or by drawing a picture.



Thinking about future goals

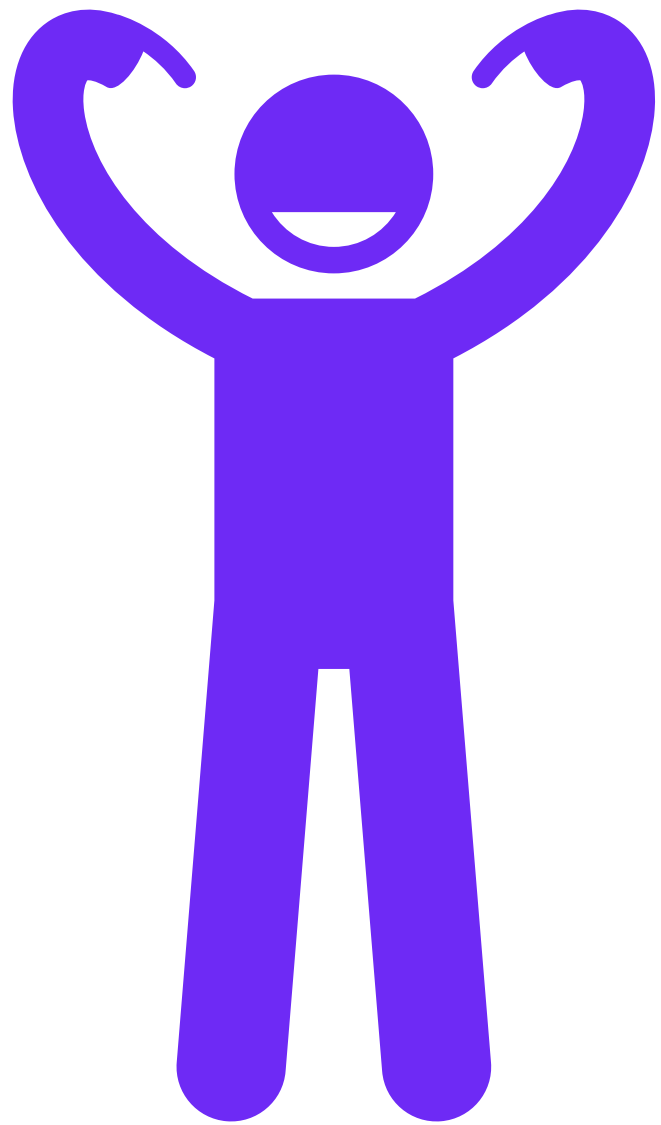


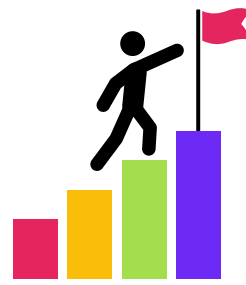
There are several types of goals you could aim towards.

Personal Goals

Personal goals are specific objectives you might set to improve your life, grow personally outside of your education and career. Some examples might be:

- Working towards running a 5K
- Getting seven- eight hours sleep a night
- Learning a new skill, such as painting
- Travelling abroad





Educational Goals

Educational goals can be set at school, college or university, but they can continue throughout your whole life. They could include things like:

- Passing your GCSEs. 
- Starting an apprenticeship in something you enjoy. 
- Completing a university degree. 
- Studying an evening class in a subject you want to learn more about. 





Professional Goals

Professional goals are long and short term aims to develop your skills and career journey. These could be:

- Starting your first job volunteering or in a paid position.
- Gaining a qualification to be able to work in a sector you're passionate about.



- Getting a promotion at your current job, i.e. being promoted to a supervisor or manager.

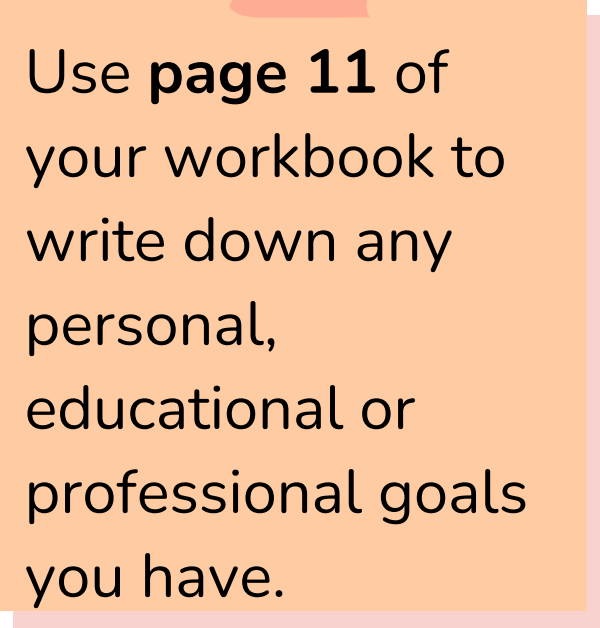


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Activity!

A large, light blue rectangular box with a light green border, containing the main title text.

What are your future goals?

A light orange rectangular box with a thin pink border, containing instructions for the activity.

Use **page 11** of your workbook to write down any personal, educational or professional goals you have.

What is a SMART Goal?

Does anyone know what a SMART goal is?

S

Specific

What would you like to achieve?

M

Measurable

How will you know when your goal is accomplished?

A

Achievable

How will you achieve this goal? What are the constraints?

R

Relevant

What else is relevant to achieving this goal?

T

Time-Bound

How much time are you going to give yourself to achieve this goal?

SMART goal examples

Specific

I want to learn to drive.



Measurable

When I have passed my test.

Achievable

I will have lessons but I will have to save up, as they are quite expensive.

Relevant

Finding time to have lessons.
Theory test.
Buying a car when I pass.

Time-Bound

I will give myself 1 year to pass my driving test.

Specific

I want to be on time for school everyday.



Measurable

If I arrive at school on time.

Achievable

Getting up earlier so I have more time to get ready.
I will have to go to bed earlier so I get enough sleep though.

Relevant

Setting an earlier alarm.
Feeling motivated to get out of bed.
Changing my routine.

Time-Bound

I will give myself one month to make this change permanent.

Activity!

SMART Goals

Use your
booklet to
create a SMART
goal of your
own.

Activity!

Reflection

Use your
booklet to
reflect on today's
session.

Postcard Feedback

- Your feedback is anonymous (no need to write your name) and helps us to develop and improve our sessions.
- There are no right or wrong answers, please answer honestly about what you think.
- If there are any questions you really don't want to answer, it is okay to leave it blank.
- If you have any questions, please ask us.

What others have said:

“It was fun and I liked how it helped with planning my future.”

Find out more!

Check out our website, and follow us on social media!



inspiring-choices.co.uk



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Any Questions?