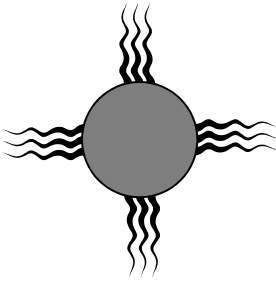




GOAL SETTING FOR YOUR YOUTH COUNCIL



Goal Setting – The Foundation of Success

One of the most important aspects of success is the ability to define and achieve goals. Goals are specific, realistic reminders of the accomplishments you visualize. You can set long-range goals (college, career), intermediate goals (this semester), or short-term goals (this week, today).

Clearly defined goals are the keys to fulfillment and achievement. They are essential for success. Goals are important in academics, student leadership and youth council development. Write down your goals and refer to them often.

Benefits of Goal-Setting:

- }] Improves the image of the youth council.
- }] Makes youth council members aware of your strengths, which can be used to overcome obstacles and provide solutions to problems.
- }] Makes youth council members aware of weaknesses so they can begin to improve them and make them into strengths.
- }] Gives youth council members a sense of past victories and provides a stimulus for present successes.
- }] Helps youth council members visualize, plan actions to achieve the goals, and then carry them out.
- }] Gives youth council members a path or trail to follow so they can see where they have to go.
- }] Forces youth council members to set priorities and establish the proper direction for their pursuits.
- }] Defines reality and separates it from wishful thinking.
- }] Makes youth council members responsible for their successes and failures.
- }] Serves as a criterion to sharpen decision-making.

Defining Goals

Goal-setting can be a very gratifying, positive feedback system for your youth council. Your members select a goal to reach, carry out a plan of action to achieve the goal, experience the satisfaction of accomplishing that goal and then select another goal.

The following questions may be helpful in determining goals:

- ┆ What is the purpose of this youth council?
- ┆ What is the unique or special mission of this youth council?
- ┆ What are the expectations of the youth council from the perspectives of the members, officers, advisors, First Nation and/or sponsoring organization?

To begin, your youth council needs to be able to define its goals in clear, precise statements. Make sure your goals:

- ┆ are realistic, attainable, feasible and challenging,
- ┆ contain a target date for completion,
- ┆ have measurable results,
- ┆ are clear, specific and understandable,
- ┆ are meaningful and desirable and beneficial, and
- ┆ are flexible and have more than one method of attainment.

Summary of Goal-Setting

- ┆ Brainstorm what it is the youth council want to do, to possess, to share, to contribute, to become.
- ┆ List both short and long-term goals in areas of concern, ie. Environment, heritage, community service, education, healthy lifestyles, recreation and youth leadership.
- ┆ Write all of these goals down, listing each in order of priority.
- ┆ Choose activities that achieve goals. This means that you must consciously choose to do those things that relate to the youth council's most important goals.
- ┆ Now list the advantages and disadvantages of each goal and each activity. Write down what your youth council must do in order to achieve each goal.

Establishing Priorities

Not all goals are equally important. Because of this, it is important to establish priorities in your approach to defining youth council goals.

- ┆ Remember that not all the goals set for your youth council can be accomplished at the same time.
- ┆ Realize that some short-range goals will probably be aimed at directly increasing your ability to achieve your youth council's long-range goals.

) Rank youth council priorities in the order that they are to be accomplished.