

Writing A Goal/Vision Statement

Your goal statement reflects your key:

- ❖ Values
- ❖ Principles
- ❖ Sense of purpose and meaning for your life.

Your goal statement must pass the five rules stated below. The five rules to writing goal statements are:

1. Make sure the goal is something you really want to achieve and also represents one of your strong personality traits that you have or want to have (like perseverance – you never give up and always try your best no matter how hard it may be).
2. Always write the goal in a positive manner; use clear, active verbs.
3. Be specific about your goal.
4. Place a time-frame on your goal (5 years, perhaps?)
5. Make the goal statement measurable.

Steps for Writing Goal Statement

1. Reflect on the key values and principles you want to use as a guide for your life. Values may vary among us, but correct principles are shared by all people of good will.
2. “Brainstorm” with yourself, parents, relatives, teachers, religious leaders, counselors and friends about your strengths, talents, deep-felt values and principles which are most important to you.
3. Ask, “Does this statement inspire me?” While it does not totally reflect where you are today, it helps you to stretch to become better and is a guide as you make difficult decisions. Write in the “present tense” as if you are doing it. You will enjoy the “power of purpose” as a result of getting a vision of what you want your life to be.
4. Your goal statement should be clear and concise; it should be about three (3) to five (5) sentences long.

Examples:

1. Within the next five years, with hard work and determination, I will become a respected and well-known certified personal fitness trainer helping my clients reach their maximum physical potential. I will use my confidence and positive attitude to inspire others to share my values of living a healthy and fit life. My positive outlook will bring me closer to friends, family members and my personal happiness.
2. I envision myself to become a strong, confident, and caring person in the field of education with a teaching degree from Oakland University. I will demonstrate the values of a great teacher by being a loyal learner living each day with an enthusiastic attitude and by being an open-minded and non-judgmental person.