



Lesson #1

Inception: Define Short Term & Long Term Goals

“The reason most people do not reach their goals is that they don’t define them, or ever seriously consider them as believable or achievable. Winners can tell you where they are going, what they plan to do along the way, and who will be sharing the adventure with them. – Denis Watley!”

Objective: Identify and define your long and short-term goals both professionally and academically. Your short-term goals could be the stepping stones for your long term ones, so give this exercise a lot of thought. When we are painting, remember how we first sketch the design with a pencil and then follow that design and enhance it with colors, this is similar to that. The first step towards planning your career path is *identifying and defining* your goals!

Overview: Before we get into the how to define your goals, let us first understand what are long term and short term goals. Long term goals are things you want to do further in future. Few examples are - becoming an architect or starting your own business. These goals will give you a general idea of what direction do you want to go in life. Whereas short term goals are the ones that you want to achieve in near future. For example, over the next couple of years I wish to enhance my drawing skills and build a portfolio.

Steps to follow:

1. **Internal Evaluation:** Take some time out to think and contemplate what you want to do in life. It is not necessarily supposed to be a life goal, instead try to think about ALL the things you would want to do and explore in life. Also, this will not be a one-time process; you need to keep adding new things to your goals as you move forward in life. For example – You may want to become an engineer when you grow up, but while preparing for that, you might realize you want to go abroad for your engineering degree. Accommodate such changes in your plan, for it is not easy to figure out what to do in life, so take your time with this step.
2. **Make a list:** Organizing your thoughts in the form of a list ALWAYS helps. Therefore, I would advise you to jot down all your goals on paper, so that you do not miss out on anything!
3. **Break your bigger goals into smaller and more specific goals.** For example, if you want to be a writer when you grow up, start with setting your goals as maintaining a journal, writing for the school magazines, reading a lot of books and so on.
4. **Categorize your goals:** Once you have listed all your goals, it’s time to categorize them as short term and long term. Remember, short term goals are the ones that you have to accomplish in near future and hence should be at higher priority, whereas long term goals need consistency for accomplishment – keep working on your long term goals throughout, they might not be urgent but they are important.





5. **Work backwards:** Think about what you want to achieve in the longer run, and then plan steps going back to what you can do right now. For example - if you want to develop software and be a coder when you grow up, set a short term goal of getting enrolled in a computer class and learning a basic language. Or if you want to be a journalist when you grow up, set up a short term goal of participating in public speaking competitions in school.

Questions to ask: Here is a list of questions that you should ask yourself to help you identify and clearly state your short term and long term goals.

1. What do I want to achieve in a month or a year? What do I want to achieve in life?
2. Why am I going through this lesson? How will this help me? (Even though we are telling you the why and how in this lesson, try to answer this question for yourself, will give you a better idea of your expectations.)
3. Where do I see myself in 10 years from now?

Thoughts to discuss:

Discussions are the best and most interesting way of exploring any topic. When you are exchanging thoughts and ideas with a group of like-minded people, you get unique insights and different perspectives on the topic, which broadens your horizon and improves your knowledge base. So go ahead, and discuss the following with your friends or parents or siblings or friends!

1. Are goal oriented people more organized and efficient than their counter parts?
2. What are some examples of everyday incidents where setting goals have accelerated the process and ensured success?

Reference ReachIvy Resources:

Guides:

- How do I define my career path?
- How can I network more effectively?

Videos

- What activities can I be involved in
- How do I stay engaged outside classroom





Blogs

- What the classrooms won't teach you
- Best commencement speeches of 2016
- David Brooks on the secret to happiness
- How to make the most of your time in college

Lesson to learn:

As you plan the next stage of your academic life, identifying and defining your short and long-term goals allows your first step to be in the right direction. A thorough introspection will help you identify not only your strengths and weaknesses, but also the gaps you need to fill. So, take your time, discuss with friends and family, and map out your dream future.

