



Power Community
Youth Program



VIRTUAL CLASSROOM

GOAL SETTING



MAJOR PARTNERS:



Government
of South Australia

Department for Education

NAVAL
GROUP

PARTNER:

SEELEY
INTERNATIONAL

Braemar
HEATING COOLING

Goal **SETTING**

Goal setting is extremely important for Port Adelaide Football Club players, and it helps the players create a plan to achieve their dreams.

At the Port Adelaide Football Club we set **SMART** goals. We use **SMART** goals to make sure that we focus on what is important and that we stick to achieving our goals.

Steven Motlop



WHAT ARE SMART GOALS?

SPECIFIC

What do you want to achieve?

MEASURABLE

How will you know when you have achieved your goal?

ACTION ORIENTATED

What steps will you put in place to achieve your goal?

REALISTIC

Is it possible to achieve your goal?

TIME

When do you want to achieve the goal by?

WHY WE USE GOAL SETTING

- To develop ourselves and achieve goals
- To create a plan
- To overcome challenges



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DRAW OR WRITE YOUR SMART GOAL BELOW:

GOAL:

SPECIFIC:

MEASURABLE:

ACTION ORIENTATED:

REALISTIC:

TIME:



PLAYER'S JOURNEY

JACKSON MEAD



Put yourself in Jackson's shoes and imagine you are in your first year at the Port Adelaide Football Club and you are aiming to play AFL this year. Break your planning into six steps so that you are fully prepared for the year ahead.

- 1
.....
- 2
.....
- 3
.....
- 4
.....
- 5
.....
- 6
.....

What are the challenges that Jackson might face along the way? How will he overcome them?

Challenge	Plan



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YOUR JOURNEY

Setting goals and achieving them can be a confidence booster.

It is important to measure your progress as you go and make sure you plan ahead with achievable steps and for any possible barriers along the way.

Imagine you have a big task, break your planning into six steps, in order, so that you can begin fully prepared to achieve your goal.

WHAT IS YOUR TASK?:



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