



GO FROM VISION TO A SMART GOAL

Why?

If someone asked you what hopes you have for your future, what would you answer right now? Does your mind immediately bubble with wild visions and dreams, or does it go blank? How does this make you feel? Hopes for the future are always the sum of many different factors. It is important to sometimes stop and think of visions for the future, because without any hopes for the future it is difficult to move forward.

When dreaming up your visions, it is good to paint with a broad brush and abandon any limitations. But if you then want to turn your vision into reality, you should shape it into as clear and concrete a goal as possible. With the help of this assignment, you can outline your visions, turn them into concrete goals and analyse where you stand.

How?

The assignment involves three parts. You can do it alone or with a partner.

- 1) Cast a star into the future: Part 1
 - Draw a five-pointed star. Create your future visions in the points of the star, one point and time span at a time: where do you see yourself in six months, one year, three years, five years and ten years? What will you see or experience? What will have changed? Close your eyes and let your imagination run wild.
 - You can also choose your own time frames or imagine parallel futures and abandon time frames altogether.
 - Write down your thoughts inside or next to the points of the stars.
- 2) Cast a star into the future: Part 2
 - Consider the following questions on your own or discuss them with your partner:
 - What is it about the different points of the star that attracts you? Which of them are more motivating and which less so?
 - If some of your visions relate to work or education, what skills and strengths do you already have to support them? What do you need more of?
 - Which things included in your visions would you like to know more of? Where could you find this information?
 - Are the visions independent of one other or rather stages of one journey? Is there anything else connecting them?
- 3) Turn your vision into a SMART goal
 - Choose, combine or shape the visions in the points of the star into a goal that feels meaningful to you right now.



- If you are doing the assignment with a partner, tell them about your goal. You can ask them to ask you the following SMART questions to delve deeper into your goal or you can go through the questions on your own to specify your goal.
- When you have worked through all five letters, write your goal down for yourself in its new, more detailed form, taking into account any observations you made during your discussion.

Criteria for SMART goals:

- **Specific:** What is it that you want to achieve? Describe your goal in even more detail. What challenges are there in achieving this goal?
- **Measurable:** How will you know that you have achieved your goal? How can you track your progress towards your goal? What steps are there on your journey to your final goal?
- **Achievable:** How will you reach your goal? Will you need any new skills, knowledge or perspectives? How can you acquire these? Who can help you reach your goal?
- **Relevant:** Why is this your goal? What makes this goal important to you? What motivates you to reach your goal? How would reaching this goal affect your life? How would it affect the lives of the people who are important to you?
- **Time-bound:** By when do you want to achieve this goal? How much time should you allocate to each step along the way to stick to your timeline? **What can you do about your goal right now?**