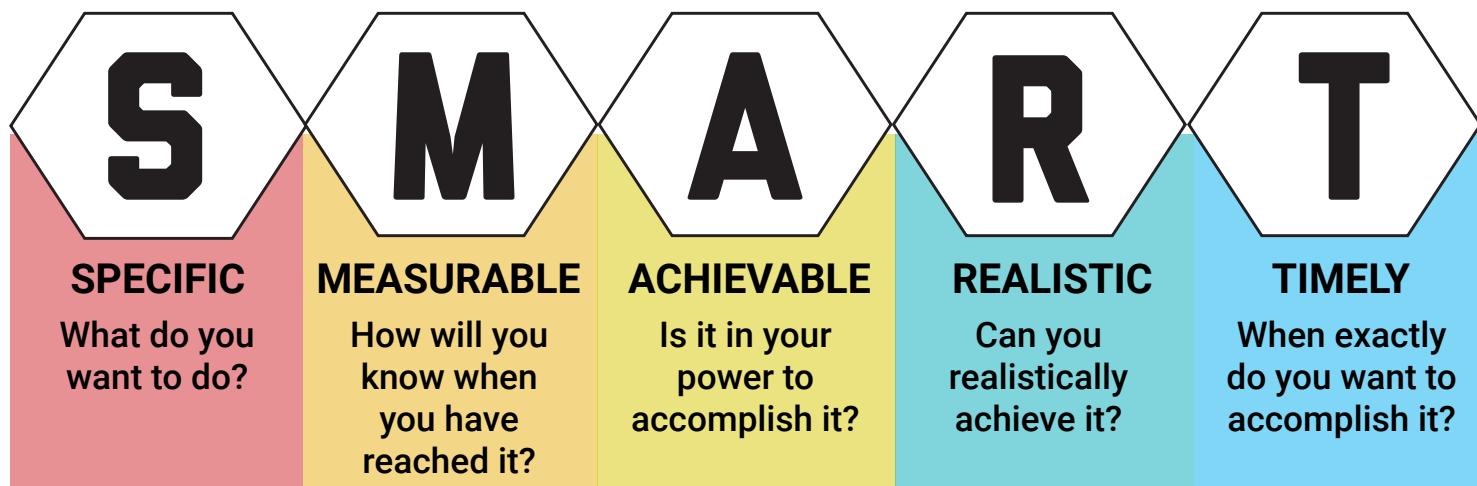




BRINGING WARRIOR TOUGHNESS TO LIFE

Personal Goal Setting



EVERY MISSION STARTS WITH A GOAL

Goal setting is an ongoing process that continues across a Sailor's career.

- ✓ Reassessed at anytime.
- ✓ Frequently re-examined to ensure it is relevant and framed appropriately.

THREE TYPES OF GOALS

- 1** Outcome goals are aspirational, often overarching, and may have subordinate process and performance goals.
- 2** Performance goals have defined targets, identifying progress toward achieving outcome goals. Use SMART criteria.
- 3** Process goals are the small next steps to measure movement toward completion of performance goals.



Incorporate setting all three types of goal setting in your routine to increase the likelihood of remaining diligent in your pursuit of achieving your objective.

Goals help:

- Direct attention
- Focus behavior
- Increase effort
- Increase persistence

Visit [MyNavy HR](#) to learn more about Warrior Toughness.

