



CARES

Come sit with us!



Counseling Center
Bowling Green State University

BGSU Counseling Center

January 2017

Goal Setting and Motivation in the New Year!

- ◆ Around 45% of Americans usually make New Year's Resolutions
- ◆ Approximately 8% of people are successful in achieving their resolution
- ◆ People who explicitly make resolutions are 10 times more likely to attain their goals than those who do not clearly express and develop their goals



Tips for creating SMART goals

1. Specific– be specific, not general, when wording your goals; can you answer who, what, when, where, and why?
2. Measurable– establish criteria for measuring progress toward the attainment of your goal; can you answer how much, how many, and how will I know when it is accomplished?
3. Attainable– make sure you can actually figure out make your goal come true; develop the attitudes, abilities, skills and financial capacity to reach them
4. Realistic– a goal must represent an objective towards which you are willing and able to work toward; you truly believe it can be accomplished
5. Timely– a goal should be grounded within a time frame



Upcoming Events:

Jan. 9 Beginning of spring semester

Jan 16 Martin Luther King, Jr. Day - No classes

Jan 24 Counseling Center GRIT event in BTSU from 12:00-2:00pm

BGSU Counseling Center

- Individual, group and couples counseling
- Workshops and events on campus
- Crisis Intervention
- Start services by coming to our Walk-In Hours:
Mon - Fri: 1:30pm - 4:00pm

Where: 104 College Park
Phone: 419-372-2081
Hours: Mon - Fri 8:00 - 5:00

How can I stay motivated to reach my goals?

- ◆ Write down your goals
- ◆ Break down your goals into baby steps and sub-goals you can reach
- ◆ Create an action plan, figure out what you need to do to reach your goals
- ◆ Create an encouraging atmosphere and celebrate your successes
- ◆ Take responsibility for achieving your goal– you are the only one who can get you where you want to be
- ◆ Stay in control of your schedule and find the resources and determination you need to help you

