



MAPS Method of Goal Setting

Can setting, elaborating and reflecting on goals enhance your performance?

Write down your goals

What is important to me? Where am I going? To write your goals down on paper can be an essential tool to support your potential success. *Why?* It can be beneficial to you to have your goals written on paper to:

- clarify your needs, wants and priorities;
- provide direction and reference;
- encourage the power of commitment and accountability;
- increase motivation;
- celebrate your successes.

Have a clear objective

“Where do I want to be?” A motivating goal needs to be challenging enough to stimulate you, but not so difficult as to be demoralizing. It should be just outside your comfort zone: stretching but not highly stressful. Be precise about what you want to achieve. As well, consider or list the benefits you would gain by achieving your goal.

What is a MAPS method?

The MAPS method of setting goals allows you to follow a formula to achieve career success. This formula can be applied to both short-term and long-term goals. MAPS stands for:

- **Measurable:** goals are quantifiable;
- **Achievable:** goals are practical and possible;
- **Positive:** will not adversely affect other key areas of life;
- **Specific:** exactly what is to be achieved or accomplished and by when.

Identify one short-term goal that you are willing to complete within the next few months that will help you to achieve your career goal.

Now, rewrite that goal as a MAPS goal: