



UNIVERSITY OF
CALGARY

Goal-Setting & Future Planning

Grad Success Week

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Acknowledging the Land and the People

We acknowledge the traditional territories of the people of the Treaty 7 region in Southern Alberta, which includes

the Blackfoot Confederacy (the Siksika, Piikani, and Kainai First Nations), the Tsuut'ina First Nation, the Stoney Nakoda (the Chiniki, Bearspaw, and Goodstoney First Nations), and Métis Nation of Alberta, Region III.

The University of Calgary is situated on land adjacent to where the Bow River meets the Elbow River. The traditional Blackfoot name of this place is “Moh’kins’tsis.”

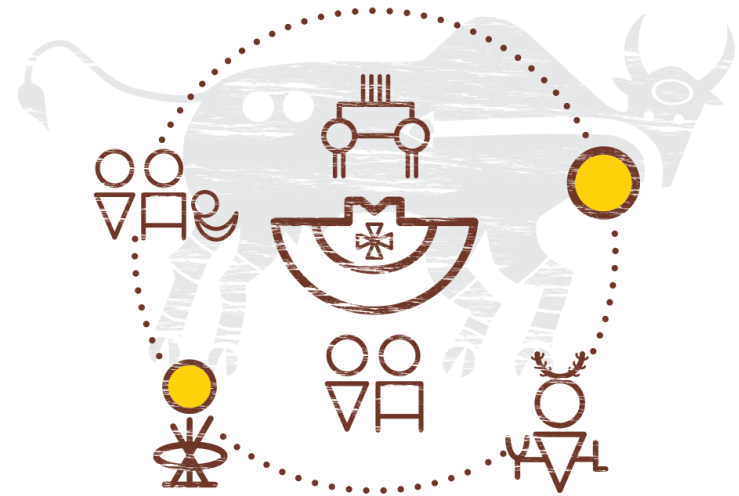


Image: The Cultural Model for the University of Calgary's Indigenous Strategy, ii' taa'poh'to'p

This workshop will help you to:

- Explore your values
- Reflect on your “big picture” hopes for the future
- Identify some tips for effective goal-setting
- Identify common goal-setting mistakes
- Set 1-2 personally meaningful goals
- Identify strategies for building habits



A word cloud of various values and virtues, arranged in a circular pattern. The words are in different colors (yellow, orange, red, green) and sizes, with some having drop shadows. The background is a gradient from red to yellow.

Values included in the word cloud:

- Gratitude
- Knowledge
- Responsibility
- Money
- Stability
- Community
- Humility
- Boldness
- Openness
- Authenticity
- Reputation
- Autonomy
- Social connection
- Leadership
- Fun
- Growth
- Kindness
- Challenge
- Creativity
- Fairness
- Love-of-learning
- Wisdom
- Peace
- Success
- Spirituality
- Bravery
- Discipline
- Family

Values:

Values are the qualities that we want to bring to our behaviour. They describe the kind of person we want to be, deep within our hearts.

Some questions to elicit values:

Imagine you are 80 years old looking back on life today.

1. If I could go back in time, what I would do different is...
2. I did not spend enough time doing things such as...
3. I spent too much time worrying about...

More questions to elicit values:

You see someone you care about making a speech about you on video. What would you love for them to be saying about you?

1. The sort of person you were...
2. Your greatest strengths and qualities...
3. The way you treated them...

More questions to elicit values:

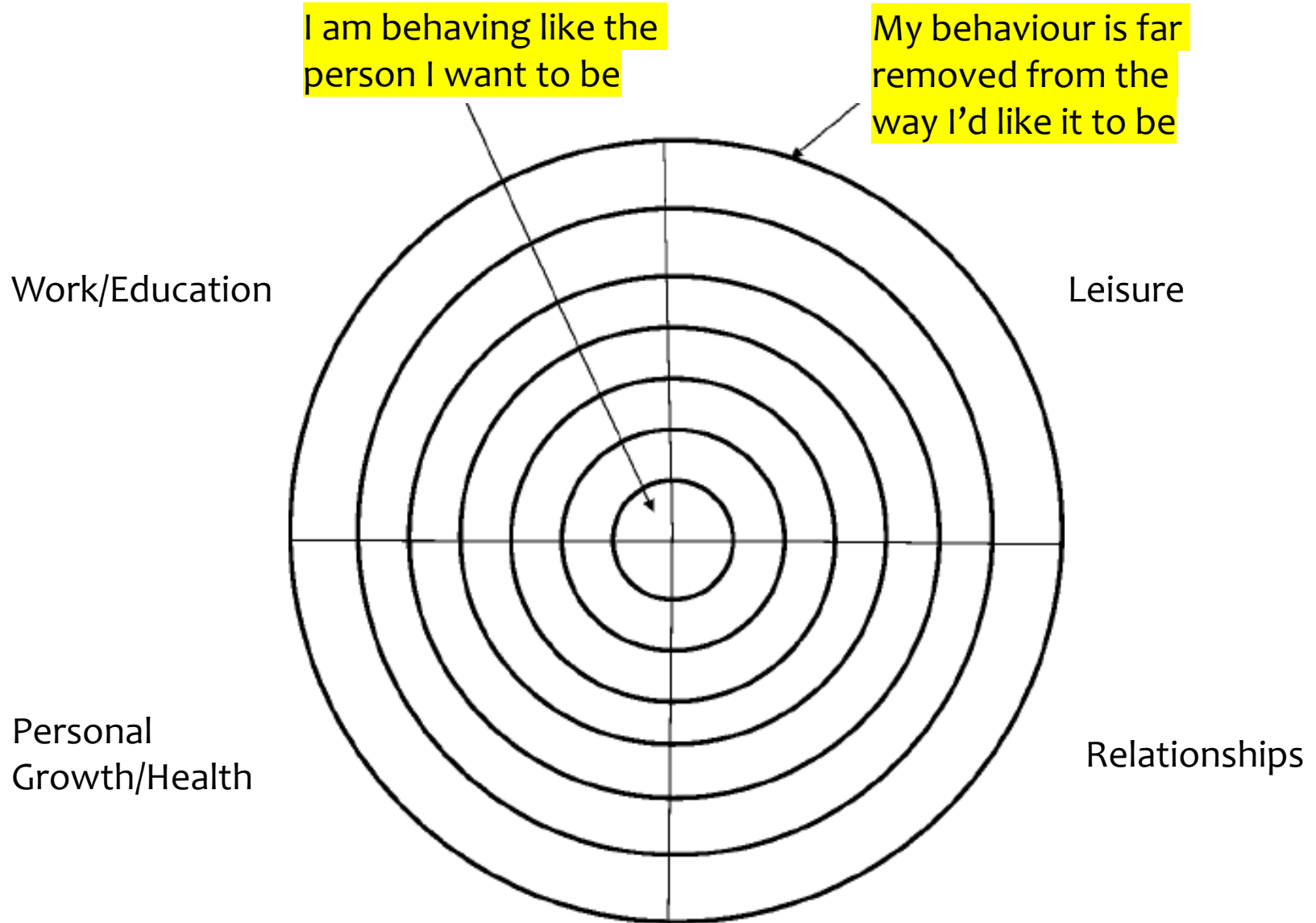
Pick one challenge that you are facing today, and imagine you are looking back on it, one year from now. Imagine that you handled it in the best way possible, behaving like the person you really want to be, deep in your heart.

1. What did you stand for in the face of this challenge?
2. How did you treat yourself as you dealt with this?
3. How did you treat others?

Creating a Values-Congruent Vision

- What do you envision for your life 5-10 years into the future?
- What excites you? Lights you up?
- Who are your role models? Why?
- Write down at least 10 “big picture” hopes for your life (in the next 5-10 years).
- Which of your values will you need to connect with to increase the likelihood of turning those hopes into reality?

The Bull's Eye



- Your thoughts?
- Dr. Elliot Berkman (University of Oregon) defines a goal as:
 - A desired outcome that **requires you to do something different**
 - Naturally contains friction or resistance



- Your thoughts?
- Increase happiness
- Suppress feelings of fear and depression (research out of the University of Wisconsin)
- Provide a sense of purpose, meaning, and direction
- Can help people to get “unstuck” (out of a rut)
- Make life more exciting!



1. Choose one area of your life that you would like to focus on.
2. Name at least one value that you want to focus on (in that area).
3. Create a general goal.

Example:

1. Health
2. Self-caring & determination
3. Eat more fruits and vegetables

- Not being genuinely interested in the goal/the goal is not personally meaningful.
- Forget about the “WHY” – Focus on the action steps only.
- Setting too many goals at once.
- The goal is too easy or too hard.
- The goal is general.



Refining General Goals: S.M.A.R.T Goals

- **Specific:** Use 5 Ws: Who? Where? What? When? Why?
- **Measurable:** Make goals concrete so that you can evaluate whether you achieved it (using numbers can help).
- **Attainable:** Not too easy and not too hard (realistic).
- **Relevant:** Important to you – fits with your values.
- **Time-Bound:** Have a timeline so you can evaluate success.
- Example: Eat more fruits and vegetables.
 - How could we make this goal SMART?

- Share the goal with someone and/or have an “accountability buddy”.
- Break it down – if possible.
- Measure progress & gain momentum!
- Re-visit your “WHY” – Remind yourself why this matters – How will this make your life better in the long-term?
- Build habits and discipline.



The “WHY”: Pros and Cons Analysis

	COSTS/CONS	BENEFITS/PROS
STAY THE SAME		
WORK TOWARD GOAL		

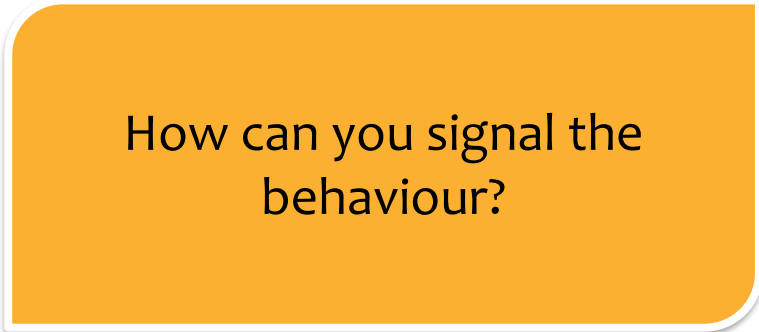
- Ask yourself why the goal is important – 5x
- Can help you get to the core of why something is important



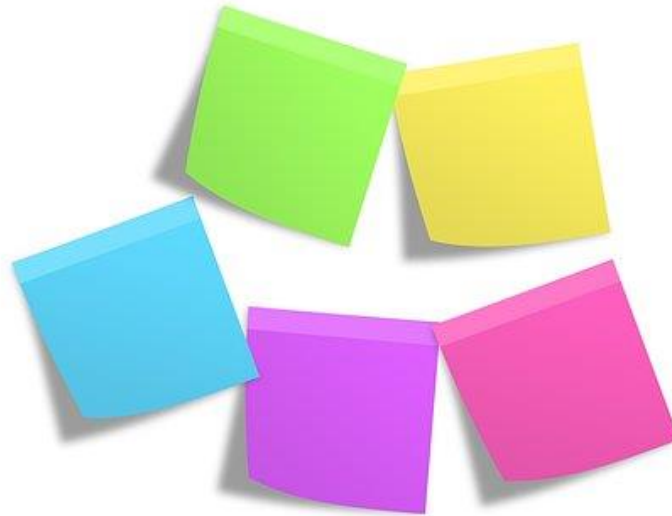
- Habit: A routine of behaviour that occurs regularly (Wikipedia).
- What habit(s) are needed to make progress?
- Your goal could be to build/maintain a habit – or – your goal might need to be broken down, requiring more than one habit.
- Habits help you achieve your goals.
- Small changes compound daily.



Signal/trigger



How can you signal the
behaviour?





Reward

This is hard work! How will you reward yourself after doing the behaviour?



Remember the importance of self-compassion!

- 3 elements:
 - Self-kindness vs. Self-judgement
 - Common humanity vs. Isolation
 - Mindfulness vs. Over-identification
- Like the compassion we would show to a friend
- “How can I be supportive to myself when I am suffering?”
- Opposite to self-criticism



- Why practice self-compassion?
 - Video: <https://www.youtube.com/watch?v=IvtZBUSplr4>
- How can we cultivate self-compassion?
 - Give yourself permission to be kind to yourself
 - Acknowledge your thoughts and feelings
 - Give yourself permission to experience the thoughts/feelings
 - Ask yourself what you need to feel comfort
 - Consider what you would say to a good friend
 - Self-soothing physical touch

- Expect some friction to show up – change is hard!
- What internal barriers might come up in pursuit of your goal(s)?
- External barriers?
- How could you address these?



“It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood.”

~THEODORE ROOSEVELT (1910)



Thank you!

We appreciate your participation and
contributions in this workshop!

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- Images taken from <https://pixabay.com/> (unless otherwise noted).
- Harris, R. (2021). ACT for beginners. *Psychwire*.
- Neff, K. (2022): <https://self-compassion.org/>
- Robbins, M. (2023). <https://www.melrobbins.com/>
- I also want to acknowledge the support of my colleagues at Student Wellness Services and the Student Success Centre, who contributed some of the material for this workshop.