

GOAL SETTING

by:

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What is your goal today? Each of us is given 24 hours in a day – how do you choose to spend yours? Do you take the time to reflect and learn from how you’ve used those hours?

Setting goals is essential, but not all goals are created equal. How can you tell if your goals are truly meaningful and beneficial to your growth? Any goal that encourages us to explore, love, care, and serve selflessly is a step toward real learning and growth. Let’s aim to set goals that help us become the best version of ourselves.

As Cox (2025) outlines, here are some simple but powerful steps in effective goal setting:

1. Define Your Goal

Start by clearly identifying your main goal. From there, break it down into smaller, more achievable stepping-stone goals. While you may be working on several objectives at once, it's important to focus on one major dream at a time. These short-term goals make the larger vision feel more attainable. They should challenge you, but still be realistic based on what you believe you can do right now. A well-defined goal acts as a stepping stone toward your bigger dreams.

2. Set a Definite Deadline

The next key step is establishing a timeline. Your long-term vision may take years to achieve, but your short-term goals should come with specific deadlines. Without a clear

time frame, you risk losing focus and motivation. A sense of urgency keeps you moving forward with purpose.

3. Take Action

Goal setting is more than just planning – it requires action. Developing an action plan is only the beginning. The real progress comes when you commit to that plan and put in the work, day by day. It's through consistent action that you achieve meaningful results in both your personal and professional life.

4. Evaluate and Adjust

Regularly monitor your progress. Take note of what's working and what's not. Be open to adjusting your strategies as needed. This is a step many people skip, leading to frustration or giving up altogether. Reflection and flexibility are essential to long-term success.

5. Surround Yourself with the Right People

The people around you matter. Choose to spend your time with those who support your growth. Your circle should inspire, challenge, and uplift you. Seek mentors, peers, and professionals who encourage you to stay focused and become your best self.

6. Follow Through

The final step is commitment. Success doesn't happen by accident – it's a choice you make every single day. Stay faithful to your vision. Realizing your goals not only strengthens your own spirit but allows you to be an instrument of positive change in the world. Through your success, you become part of something greater – God's purpose for your life.

References:

Cox, G. (2025b, January 13). 7 simple steps for a successful Goal-Setting Process - [.http://redhotmindset.com](http://redhotmindset.com). <https://redhotmindset.com/7-simple-steps-for-a-successful-goal-setting-process/>