

DAPPS

Goal Setting Model

To set and achieve a goal, just remember "DAPPS"

D	A	P	P	S
Dated	Achievable	Personal	Positive	Specific
<ul style="list-style-type: none"> • When will you accomplish your goal? • Your goal will be more motivating if there is a specific date by which you will achieve it. • Example: <i>By January 31, 2013 I will...</i> 	<ul style="list-style-type: none"> • Is your goal realistic? • It must be something you can accomplish with reasonable effort. • Attempting a goal that is not possible to achieve will have negative results. 	<ul style="list-style-type: none"> • Is it something you desire to accomplish? • Make sure it is something you want to do for yourself, rather than someone else. • Goals attempted for someone else are demotivating. 	<ul style="list-style-type: none"> • State it in a positive way. • Example: <i>"I will wake up at 6am every morning"</i> rather than <i>"I will not oversleep."</i> • Stating goals positively create a clear path to accomplishment. 	<ul style="list-style-type: none"> • How will you measure your progress? • Using a number, determine how you will measure your success. • Example: <i>"I will lose 50 pounds"</i> instead of <i>"I will lose weight."</i>