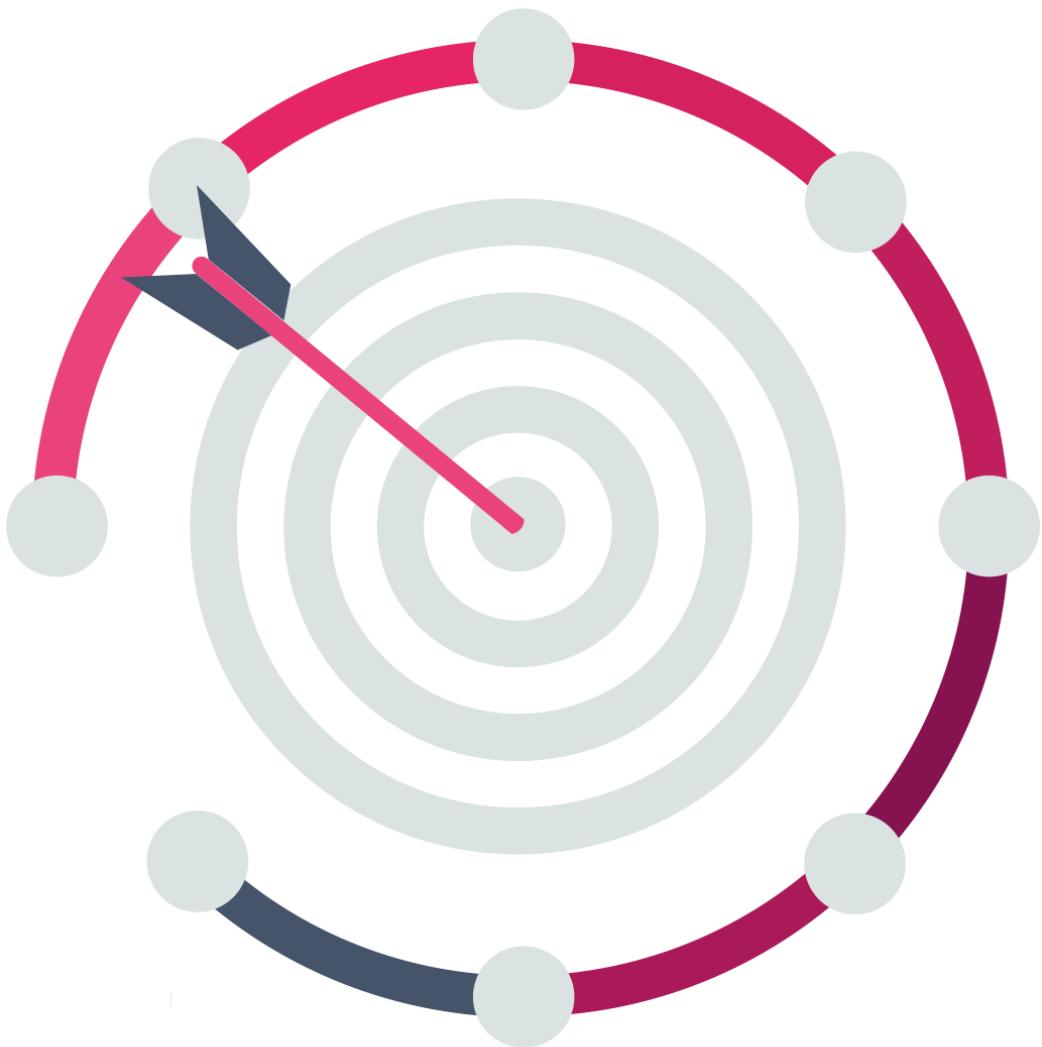


# Goal-setting and Learning Contracts

Mgr. Barbora Hamplová

# Goal-setting and learning contracts



**If you can't *define* your goal,  
it's not a goal.**

In order to learn more quickly and achieve more, you need to define your learning goals. What exactly would you like to achieve? Where do you want to be when?

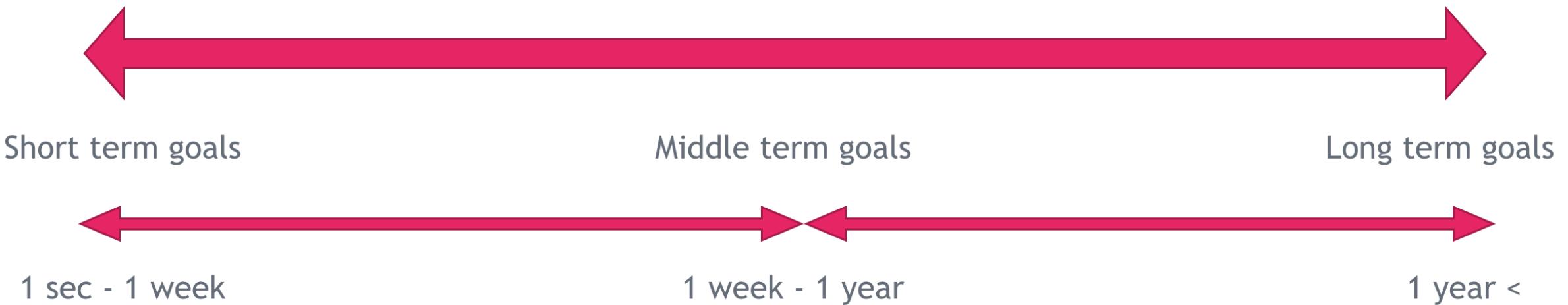
Follow these rules:

- ✓ 1. Use the SMART model
- ✓ 2. Divide every goal into smaller goals
- ✓ 3. Do things step by step

# S.M.A.R.T.

Specific. Measurable. Achievable. Results-Oriented. Time-Bound.

# Different kinds of goals & how to treat them as such





## STAGE 01

Define your long-term goal

---



## STAGE 02

Define middle and short term goals

---



## STAGE 03

Become clear about the steps you will take

---



## STAGE 04

Take the steps.

---



## STAGE 05

Reflect on the steps you took.

---

# Make a contract with yourself



Define a reward in your contract

Be clear about every step of the contract

## Definition

## Learning contract

Define a penalty in your contract

Reflect on every step you take

A learning contract is a contract that you sign in order to push yourself to stick to a goal and reach it.