

## Why Goals?

Setting goals is simply deciding what you want to learn and do. Having goals is like a road map.



It is a tool that helps you plan how to get to where you want to go.

In 4-H, we talk about setting both [Personal Goals](#) and [Project Goals](#). Your [Project Goals](#) should be written at the beginning of the 4-H year and recorded on your [Project Record](#).

Keep reading to learn [How to Write a Measurable Goal](#) and how to give your goal the [Control Test](#). can Remember, once you have set your goals, YOU have to make it happen!



## Personal Goals



Personal Goals help you think about what you can do to become a better person.

When writing Personal Goals, consider such things as:

- Meeting new friends
- Attending 4-H Camp or State Conference
- Learning the 4-H Pledge
- Being a better listener
- Giving an educational presentation
- Sitting quietly at 4-H meetings
- Starting early on your Record Book.

## Project Goals

Project goals should be written for every project area you are enrolled and should be recorded on your 4-H Project Record.



Project Goals help you think about what you want to do within the project area. Some examples could be:

- Photography - Learn the parts of the camera
- Food & Nutrition - Learn how to run small appliances
- Sewing – Learn how to sew a hem
- Dog – Learn how to wash your dog
- Woodworking - Learn about different types of wood



## How to Write a Goal

Goals have three parts that can be measured or checked. Think about the three parts of a measurable goal:

- 1) **the action:** *how* you are going to do it;
- 2) **the result:** *what* you will do;
- 3) **the timetable:** *when* you plan to have it done.

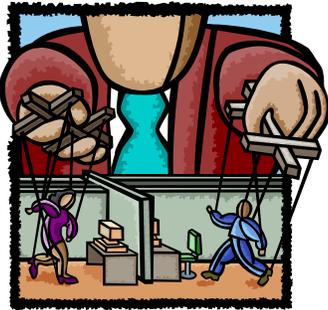
For example, for the goal, "I want to learn to use my camera to take pictures for a collage before county fair.

**I want to learn** is the *action* portion of the goal.

What a 4-H'er intends to do is the *result* – **use my camera to take pictures for a collage**

When is the *amount of time* it will take to complete the goal -- **before county fair**.

## Control Test



If you are not certain that you can carry out a goal easily, you can give it a control test. Do **YOU** have control over what you want to do? Does the action part of your goal tell what you will do? You have control over a goal such as "I will learn to put in a hand sewn hem." However, if the action mentioned in the goal is what someone else will do, it does not pass the control test.

The goal statement, "I will have prize winning tomatoes at the Prince William County Fair does not pass the control test because the judge provides the action that decides whose tomatoes will be the champion.

Do your goals pass the control test?

Sometimes goals change during the year. That's okay! Maybe it wasn't possible to take your dog to obedience training because she had puppies. Just write about why your goals changed. Not everything we plan turns out the way we had planned. Explain why, and set some new goals for next year.