

# Goal Setting

What do YOU want to get out of this writing challenge?



# Why is goal setting important?

- Helps to build structure
- Helps to build motivation
- Sense of achievement
- Can be a steppingstone towards a bigger goal
- Allows the writer to take control of their own destiny

# Different Types of Goals

- Skill building - example - to learn new techniques in developing your writing.
- Mindful - example - making a commitment to understanding and exploring your place in the world.
- Working towards a larger goal - example - to use this writing challenge to stimulate ideas for a poetry collection or creative nonfiction book.

# Top Tips: Define what YOU mean by 'challenge'

- This is a writing 'challenge'. How will you challenge yourself?
- To write in new ways?
- To connect to your own world, to slow down, to take the time to explore?
- To be positive about your own work?
- To read more poetry?
- To commit to your own writing consistently?

# Top Tips – Be Realistic

- This writing challenge won't change your life.
- But it might give you a steppingstone towards a big change in your life.
- Be realistic with your time. Set goals according to the time you have, not the time you'd like to have.
- See the next few weeks as a step towards developing your creative writing.
- Don't forget, it's perfectly acceptable to have fun goals too!

# Top Tips: Find your motivation

- What's your motivation?
- Think in terms of what will make you happy, contented, rather than what you feel you should be doing.

# Top Tips: Accept flexibility

- Life will always get in the way.
- Embrace flexibility so that you don't feel like a 'failure' if you don't make a predetermined target.

# Top Tips: Don't make it a chore

- If your goal or your target begins to feel like a chore, adapt and change.
- If you make something a chore, you won't enjoy it and if you don't enjoy it then you are less likely to be invested in your own work.



# Inspirational Quote

- ""I have never started a poem yet whose end I knew. Writing a poem is discovering."

▪ - *Robert Frost*