## EO M103.02 – MAP A PERSONAL GOAL FOR THE TRAINING YEAR

1. **Performance**: Map a Personal Goal for the Training Year

2. **Conditions**:

   a. Given:

      (1) Supervision, and

      (2) Assistance as required.

   b. Denied: Nil.

   c. Environmental: Any.

3. **Standard**: Cadets shall:

   a. identify goals using SMART; and

   b. map a personal goal for the training year.

4. **Teaching Points**:

| TP | Description | Method | Time | Refs |
|---|---|---|---|---|
| TP1 | Explain the concept of goal setting, to include:<br>a. the definition of a goal,<br>b. the difference between short-term and long-term goals,<br>c. how to develop goals, and<br>d. how to set goals using the SMART (specific, measurable, attainable, realistic, and timely) method. | Interactive Lecture | 10 min | C0-021<br>C0-022<br>C0-431 |
| TP2 | Conduct a goal mapping activity. | In-Class Activity | 15 min | |

5. **Time**:

   a. Introduction / Conclusion: 5 min

   b. Interactive Lecture: 10 min

   c. In-Class Activity: 15 min

   d. Total: 30 min

6. **Substantiation**:

   a. An interactive lecture was chosen for TP1 as it is an effective way to generate interest and motivate the cadets to set personal goals for themselves.

   b. An in-class activity was chosen for TP2 as it is an interactive way to provoke thought and stimulate interest among cadets.



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Verify against the official publication.

7. **References**:

   a. C0-021 ISBN 1-58062-513-4 Adams, B. (2001). *The Everything Leadership Book*. Avon, MA: Adams Media.

   b. C0-022 ISBN 0-02864-207-4 Cole, K. (2002). *The Complete Idiot's Guide to Clear Communication*. Indianapolis, IN: Alpha Books.

   c. C0-431 Health Canada. (2011). *Eat Well and Be Active Education Toolkit*. Retrieved September 29, 2011, from http://hc-sc.gc.ca/fn-an/food-guide-aliment/educ-comm/toolkit-trousse/plan-3a-eng.php

8. **Training Aids**:

   a. Presentation aids (eg, whiteboard / flip chart / OHP / multimedia projector) appropriate for the training area, and

   b. SMART worksheet.

9. **Learning Aids**: SMART worksheet.

10. **Test Details**: Nil.

11. **Remarks**: Nil.



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