

Tips on Goal Setting

When you enroll in the Family Self Sufficiency (FSS) Program, your first appointment is spent getting to know your caseworker and setting goals for you to work on during your five years in the FSS Program. In order to complete the FSS Program successfully you will need to accomplish the following three goals.

1. Obtain and maintain full time suitable employment
2. Be in good standing with the Housing Authority of Salt Lake City
3. Be off of financial (cash) assistance from the state of Utah twelve months prior to program completion

The other goals are personal and will be up to you to choose and your FSS caseworker will assist you in making these goals! Setting goals allows YOU to choose where YOU want to go in life! Think about the things that you want to accomplish and bring your list to your appointment. Remember to keep your goals flexible! Sometimes LIFE happens and gets in the way!

Goals can be set in any area of your life. Some ideas are:

Career	Education	Family	Financial	Health	Home
Physical	Attitude	Social	Spiritual	Mental	Public Service
Budgeting	Citizenship	Employment	Transportation		

Where do you want to be in six months? One year? Five years?

SMART Goal Setting. Is your goal...

S pecific	What do you want to achieve?
M easurable	How you will know when you will have obtained a goal?
A ction	Describe the steps required to meet your goal.
R ealistic	Is your goal possible?
T imely	Set a deadline to reach your goal.