

PRACTICAL ACTIVITY: Setting SMART goals

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EntreComp Competence Framework:

RESOURCES: Motivation & Perseverance

Intermediate level: Learners are willing to put effort and resources into following their passion and create value for others

Purpose and recipients

The main aim of this activity is to:

- To define the main concept of “Motivation and Perseverance”
- To identify Motivation and Perseverance – a growth mindset
- To difference between Internal vs. External motives
- Examples of Perseverance: Challenging yourself
- Setting SMART goals

Learning outcomes

This practical activity is about Motivation and Perseverance. Life is not always easy. There are times when you might face significant difficulties, but even so, you shouldn’t give up. This competency encourages you to follow your dreams.

In order to persevere, you need to have an incentive, a driving force to push you forward. Being motivated will help you persevere through adversities and stick to achieving your goals, even though you may not always feel up to the task.

Description of the activities and exercises

You need to be able to motivate yourself and persevere to achieve your goals. Understanding the different methodologies and types of motivators used to achieve Motivation and Perseverance to ask you How could you, as an entrepreneur, be motivated and persevere in your goal?

Step 1

Answer the following questions about yourself:

1. Tell me about a time when you failed – what did you learn?
2. What motivates you?
3. Have you ever given up? (It’s ok to say yes – just explain why!)
4. What is the hardest thing that you have ever done?
5. What has given you your greatest sense of personal achievement so far?



6. What is your ambition in life?
7. Who inspires you and why?

Step 2

Watch the following video:

The Four Styles of Self Motivation with Gretchen Rubin

<https://www.youtube.com/watch?v=A-79Oo6YHuk&t=26s>

Step 3

Write down your Key Reflections on motivation and perseverance

Methodology

The intention of this exercise is to reflect about:

- What are your aims and passions in life?
- Would you say you had a growth or a fixed mindset?
- How do you deal with setbacks?
- What are your strategies to stay motivated?
- How much effort are you prepared to put into something in order to achieve?

Supporting resources

[Entrecom4ALL project](#)

[Entrepreneurship4ALL project](#)

Duration: 2 hours

Competence level: EQF 3 - Intermediate level: Learners can reflect and judge their achievements and failures and learn from these



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