

GOAL SETTING

What is a goal?

A goal is what you want to get or do. *For instance, if you have been invited to a birthday party next weekend, that's a goal. If you really want to go, you are going to do what it takes (homework, household chores, etc.) to get there.*

Why do we want to have goals?

We want to have goals to have a clear idea of what we are doing. If you go on a journey in a car and you don't know where you are going, what is going to happen? You are going to get nowhere and run out of gas. The same will happen to you if you don't have goals: you will soon get tired of life -run out of gas- and you won't want to do anything anymore. Everything will seem boring to you because you won't know where you are going. You get it?

*So you need to have goals so that you can **be excited about what you do**. It is called motivation. **Motivation is what makes you enjoy the things you do** and you only get that if you have a goal to reach.*

How do we set our goals?

To set our goals, we are going to think about something that we want to do and decide when we want it done.

Then we are going to think about WHAT we need to do to get there.

Sometimes, you will find it very difficult to imagine what you could be doing in several years' time. So we are going to start with easier goals. We'll start with things you want to do or get in the coming week and the coming month. When you get the hang of that, you will be able to move on to much bigger goals on your own. You'll be able to make your plans for next year and even way after that.

*When you reach that stage, you'll be able to **turn all your dreams into reality!***

Step by step:

First, let's try this with a few goals that you want to achieve in a week's time or so. Let's try 2 or 3 to start with.

1. Start on the **MY FINAL GOAL** page. Choose one thing that is important for you to do and name it.

For instance, it could be **"GET A NEW PAIR OF JEANS"** and put a **DATE** to it – maybe in 8 or 10 days.

2. Once you have decided, in order to get excited, in order to get MOTIVATED to reach this goal, you are going to imagine what it will be like when you reach it. Use the box provided to write something that would look like a journal entry in the future.

For example: **October 24th: My new jeans are really cool. They fit really well and my best friend wants to go and get the same ones. Everybody said they were the best jeans.**

Write as much as you want, just close your eyes and get excited about it, **AS IF YOU WERE ALREADY LIVING IT.**

Better still, if you are artistic, **draw it, or get pictures** and make a collage with your body and the new jeans!

3. Once you have decided on your final goal, **PRINT THE PAGE** or make a neat copy of it and post it in a place where you are going to be able to look at it **EVERY DAY** several times, like for instance your bathroom mirror. Then carry on.

4. On the **MY INTERIM GOALS** page, you are going to work out what you need to do to get to your final goal. It's kind of like the smaller steps you are going to take to get what you want. For example, Goal #1 could be: **Get at least a B in my math test.** With each of these, answer the question "**WHY IS THIS GOAL IMPORTANT TO ME?**" to link it back to your final one. For instance: **because my parents said I could only get new jeans if I do better in math.**

Then your goal #2 is probably going to be something like: **Study hard in math because you want to get at least a B.** Then there could be other things, like: Goal #3: **Clean up my room, because that way, mom will have time to drive me to the store to get my jeans.** Does it make sense? See, we've already worked out 3 simple interim goals to get to your final goal!

5. Make sure the **DATE** by which you want each goal accomplished is clear. If your math test is in 5 days, it means that in 4 days' time you have accomplished your goal #2. If you are planning to go shopping in 10

days, make sure that your room is tidy by the 8th or 9th day! In the last 2 columns (yes/no columns), add the corresponding dates. Let's say you planned to get a B in you math test scheduled on October 8th for instance . If you got a C that day, then write Oct. 8th in the NO column. Then, when you get your B in the next test on October 12th, that's the date you'll put in the YES column. Does this make sense?

Print enough of these sheets for the number of goals you have. It shouldn't be too many.

6. Then copy the main title of each goal onto the **MY GOAL SUMMARY SHEET** and post it with your final goal. You don't have to have as many as 6 small goals there; it's just to make sure you have enough space in case.

Then you are set. Keep looking at your summary sheet and stick to it and you'll see that things will come into place for you.

When you are ready, practise with goals further away in time and finally, get anything you want in life!

MY FINAL GOAL

My Goal:

What my life is like now I've got it/done it.

Date: _____

MY INTERIM GOALS

<u>Goal #</u>	<i>I will reach this goal by (date)</i>	YES I did it! (date)	NO, I have to keep trying but I'll get there for sure! (date)

Why is this goal important to me? _____

<u>Goal #</u>	<i>I will reach this goal by (date)</i>	YES I did it! (date)	NO, I have to keep trying but I'll get there for sure! (date)

Why is this goal important to me? _____

MY GOAL SUMMARY SHEET

MY FINAL GOAL

WHAT I NEED TO DO TO GET THERE:

GOAL # :

BY:

GOAL # :

BY:

GOAL # :

BY:

GOAL # :

BY:

GOAL # :

BY:

GOAL # :

BY: