

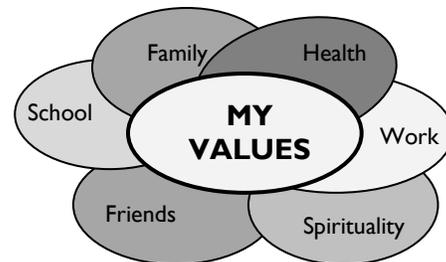
Goals: Making Your Dreams a Reality

We all have hopes, wishes, and dreams—things we want for ourselves. GOAL-SETTING can help you turn hopes and dreams into reality!

GOALS are dreams with some added ingredients: values, motivation, specific actions, courage, and belief in yourself. Let's take a closer look at each of these ingredients, step-by-step.

Step 1: VALUES

What is important to me? What are my values? Think about areas in your life that are important to you, like in this picture to the right → → →
Now, let's choose one area to focus on...school. Here are some specific questions you might ask yourself...



- *What kind of grades do I want this semester?*
- *What colleges and universities do I want to explore?*
- *How can I get involved in my school community?*

The answers to these questions can be turned into **GOAL STATEMENTS**, like this one...

I will join and become an active member of one school club this semester.

Tip! The most successful goals are written down, positive, and S.M.A.R.T. Here are some examples of SMART goal statements.

Use
S.M.A.R.T.
Goals

Specific – I will go for a 30 minute walk, three times this week.

Measurable – I will earn a B in Algebra II this semester.

Achievable – I am going to introduce myself to one new person today.

Realistic – I will study 1 hour per night this week, to prepare for Monday's test.

Timed – I will send in two college applications by December 1st.

Step 2: MOTIVATION

The next step is to ask yourself "**why**" and then write down the answers. These answers are your **motivation**. Motivation that comes from inside you will make all the difference. So ask yourself, "*Why is this goal important to me? How will achieving this goal make my life better?*" **For example, what are some benefits of being involved in a school club or activity?**

- *I will meet some new people and develop new friendships*
- *I'll have fun*
- *It will strengthen my college applications*

Step 3: ACTION PLAN

When a goal seems too big and you don't know where to start, it is helpful to write down action steps or "to-do" lists. Here are some action steps examples for joining a school club:

- ***This week, I will make an appointment with my school counselor to explore the different clubs at my school.***
- ***Next week, I will visit at least two club meetings after school or at lunchtime.***
- ***At those club meetings, I will introduce myself to at least 3 people.***

Step 4: COURAGE, SUPPORT, and BELIEF in YOURSELF

Before you take action toward, think about potential obstacles you may face. Ask yourself, “*What difficulties might come up? What might get in my way?*” In the case of getting involved in a school club, some challenges might be...*I might not be able to get in to see my counselor. My parents don't like me staying after school. I feel nervous about going to a new club meeting all by myself.*

By thinking about potential obstacles ahead of time, you'll be better prepared to move passed them. Ask yourself, “*If things don't go as planned, what strategies can I come up with that will keep me going?*”

For example, possible solutions might be:

If I can't get an appointment with my counselor, I will get information from the front office staff, my teachers, and other students. If my parents won't let me stay after school, I will look for clubs that meet during lunchtime. I will ask a friend to go with me to the club meetings.

It takes courage and belief in yourself to try new things, to set a goal and work steadily toward it. Remember to **be positive, believe in your abilities, and give your best effort** (even when you're scared of failing). Also, remember to ask for help and support from those around you—your friends, your family, your co-workers, and your teachers. Surround yourself with positive people who believe in you! **So...let's get started.** What goal do you want to reach next?



My next S.M.A.R.T. Goal is: _____

This goal is important to me because: _____

Three steps I can take toward my goal are:

1) _____

2) _____

3) _____

Obstacles I might face (and solutions for those obstacles) are: _____

My Solutions: _____

People who can help me: _____

When I reach my goal, I will feel: _____

“Things worth doing seldom come easy. There will be good days and bad days. There will be times when you want to turn around, pack it up, and call it quits. Those times tell you that you are pushing yourself and that you are not afraid to learn by trying. Persist! Because with an idea, determination, and the right tools, you can do great things. Dream Big.” –Apple Computers