

Bringing Your Goals to Life

We all have dreams and desires. Within each of us is a longing to experience, grow and achieve. By nature we set goals and reach out to achieve them. Doing so brings satisfaction and enables us to progress as individuals and nations.

Your success—whether at work or at home—is largely determined by your ability to set and reach goals. When you set a goal, make sure it's something that you personally feel is important. Also, choose a goal that is manageable and specific.

For example, suppose you want to eat healthier. Choose for your goal a manageable small step: *I will eat two fresh fruits every day for a week.* Or perhaps you want to find another job. Your goal might be: *Whether by phone or in person, each week I will talk with three people about new job possibilities.*

Remember that mistakes are learning opportunities. They are steppingstones to success. Don't give up.

Once you have set your goal, think about possible roadblocks you might run into and how you will overcome them. Mentally give yourself little pep talks: "I can do it." "I'm making good progress." "This feels great!"

Bringing your goals to life is a skill. The more you practice, the more skillful you become. Work with the following "skill builders." Then use your creativity to come up with additional ones designed just for you. Write your new skill builders on the back of this sheet. And put them into action!

◆ Skill Builders ◆

- ◆ *Talk about your goal with people you respect. Tell them why your goal is important to you and how you plan to succeed. Ask if they have suggestions for you.*
- ◆ *On a small card write out your goal or draw a picture of it. Carry the card with you or put it some place where you will see it often.*
- ◆ *Keep a small notebook where you can record your goal and your daily progress toward it.*
- ◆ *Mentally picture yourself reaching your goal. Do this several times a day. If doubt or negative images start to crowd in, immediately let them go. Then focus again on your positive imagery.*

QuickSkills # 2, by Sam Quick, Human Development & Family Relations Specialist. (1997) FAM-QS-102

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