

6 Questions to ask yourself before finalizing your GOAL.

- What do I want to do? Here are examples of possible GOALS
- I want to lose weight
- I want to find a job I like
- I want my driver's license
- I want my citizenship
- I want to feel less stressed and more calm
- I want feel more confident in my school work and at my job
- I want my GED
- I want to get my cosmetology degree
- I want to find my laptop

- 1. What do I like about this goal? I will feel proud of myself and I can most likely get a better job; i'll feel happy and can go to college
- 2. Is there anything I don't like about it? It takes a long time and may be hard my family; it requires alot of studying to pass the tests and it might be stressful

- 3. What do I do well that can help me achieve the goal? I attend class everyday. I ask for help when I need it. I communicate with my family and tell them I need time to study. I get back up after being discouraged.
- 4. Will I get praise for this from myself or anyone else? YES! I will be proud of myself. My family will be proud of me.
- 5. What do I struggle with? My struggle with ENGLISH will make it difficult to get my GED.
- Procrastination--wait till the last minute. Getting distracted by other responsibilities

Journal--complete this statement and ask yourself the 6 questions. Please write on a separate piece of paper/

Write down your goal on a piece of paper.

Fill in the blank "I want to _____"

An example of CLEARLY defining a GOAL

Break it down into even more steps, and continue to do so until you have a list of things that are "do-able" for you.

GOAL: To move to the next level here at WALC

Examples of short-term goals BEFORE the long-term goal of moving to next level:

- attend classes everyday
- Ask for homework
- read for 20 minutes 4 days/week
- Practice times tables for 10 minutes, 5 days/week
- study an hour extra 3 day/week
- complete homework assignments on time
- Post my goal in writing on my mirror and say it everyday