



Unit 1

Goal Setting Activities

Learning Outcomes

By the end of this unit the learner will be able to:

- ✓ Identify what's important to you in your life
- ✓ Use goal setting activities and appropriate language to articulate what you want in your life
- ✓ Explain what your dreams and goals are for both the short and long term

Unit 1

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Self-Understanding

Understanding the Importance of Goal Setting

Have you ever read a book in the **Chicken Soup for the Soul** series? According to their website, as of 2011 there are nearly 200 titles in this popular blockbuster series. It is now produced in more than 40 languages, with over 112 million books sold since the first book launched in 1993. This success has not been accidental. Creators Jack Canfield and Mark Victor Hansen were focused and deliberate and took risks. They turned an idea into an international powerhouse.

Jack Canfield teaches that we are the average of the five people we hang out with the most. This means that our lifestyles, income, and success are around the average of our friends. By extension, this means that if you are not content with where your life is going, you need to undertake an upgrade.

Yes, that means that you may need to find some new friends, meet new people, and change your outcomes. If you need to make big changes, this can require lots of grit and courage from you. If you look around your current environment and think of people you know that are getting what they want from life, you may see that they've made these changes already.

You'll also see people who allow the world to control their outcomes and who do not take personal responsibility for what happens in their lives. These are people who talk about how hard (or unfair) life is, how they can never get a break, or how someone else has all the luck. Unfortunately, they may not be looking at how hard those people have worked to create what they have.

Getting what we want takes **determination and drive**. It takes a commitment to ourselves and an understanding of how things work to get what we want. In order to determine which tasks will bring us to where we want to be, we must set goals, write them down, and then go after them. **But which goals should we choose to devote our energies to?**

Choosing a Mentor

Do you remember who won major literary, science, or medicine awards last year or the year before? What about an Academy Award for best picture three years ago? While you may know who has made

certain achievements in your industry, you probably cannot answer many of those questions. While we do tend to make a big fuss about these things at the time, these successes are not carried forward from one year to the next. The people who make a meaningful difference in our lives are really the people who touch us in a significant way.

Getting what you want out of life can be helped along enormously by having a **mentor** or **coach** who can help you to stay on the path, answer your questions, or offer you moral support when your resolve starts to falter. As we continue to take advantage of our ability to move anywhere in the world, we get farther and farther from families who at one time would have been our mentors. We belong less to religious communities and close neighborhoods, from whom we might have received support in the past. However, with the availability of inexpensive telephone contact, the Internet, and web friendly applications, we can keep in touch with people around the world.

Take a few minutes and write the names of three people that you know will support you in reaching your goals. If you do not know three people right now, think of people that you would like to ask. Later in the course, we'll talk about how to bring the right people into your life.

One of our instructional writers shared this story about a mentor she had early in her life:

I was in the fifth grade, and had this incredible teacher. He was in his late forties when I met him, and had been teaching for about five years. Being an educator was not his first career, but he was absolutely passionate about it. He would go to a night course, and then be teaching us what he learned the following day. He was also passionate about music. He had a piano in his class and a double bass. He was an integral part of the ukulele movement that swept the country in that decade, dedicated to spreading his love of music to kids who were hungry for it. His wife and children were involved, as were his students. His love of learning and dedication to his work were infectious, and he showed me how teaching was the best place for me to dedicate my energies. Even years after I had moved away, his example led me to finish a Ph.D. where I could apply my energies to helping other people do and learn their very best.

Who are your mentors?

Who do you admire and emulate?

What makes them important to you?

Laying the Foundation

Creating Your Personal Vision Statement

If you want to feel like you're getting more out of life, then we recommend that you set a personal vision statement. This will then help you set short and long term goals, which should influence your daily plan. Think of it like a pyramid:



There are three important steps to creating your personal vision.

Step One: Identify Your Values

The list below reflects some common values. Choose the ten that are most important to you as a person (meaning that they apply both at work and at home). You can customize the wording, or add your own to the list.

Ability to make decisions and implement them	Ability to persuade and influence others	Achieving excellence
Achieving fame and recognition	Adventure and excitement	Behaving ethically
Being challenged by pressures and deadlines	Being organized and dependable	Being skilled and capable
Building a family	Building meaningful relationships with others	Competition with others
Contributing to society	Cooperation with others	Demonstrating expertise
Diversity in daily tasks	Doing something meaningful	Efficient and effective
Enjoying what you do	Environmental rights	Establishing a reputation
Expressing creativity	Feeling excited and stimulated by life	Feeling independent
Feeling of belonging and community	Feeling of inner harmony	Feeling of patriotism
Financial security	Financial wealth	Free speech/human rights
Freedom to set your own pace and goals	Having a feeling of security	Having power and control
Having privacy	Helping those in need	Religion and/or spirituality
Leading others to success	Moving at a fast pace	Moving at a slow pace
Being productive	Reliability	Self-development
Sense of accomplishment	Serving the public	Spontaneity
Truth and integrity	Working as part of a team	Working individually

We cannot focus on too many things at one time and remain effective. Look at the ten values you selected and select the five that are most important to you. Cross the others off. Be firm with yourself if you need to be. Remember, you are focusing on what is really important to you.

Next, reduce the list to just three values. These are the things at your very core. Cross the other two off your list. Put circles around the three items that are your core values.

Step Two: Define Your Values

Now, outline what success for each of those values would look like.

Value One

Value Two

Value Three

Step Three: Put It All Together

Finally, bring the three statements together into one paragraph. You may feel that you need to go back and re-evaluate your values, or you may want to re-work some sentences to create what is meaningful to you. That's OK! Above all, this should be a reflection of your innermost thoughts and a roadmap for how you would like to conduct your life.

Write your personal vision statement here.

Value	1	2	3	4	5
I know what my top five core values are.					
My family and friends know what my values are.					
My goals are based on my values.					
When I need to make an important decision, I base it on my values.					
I live my life according to my core values.					
I feel satisfied when I achieve a goal.					
I discuss my values with friends, family, and co-workers.					
My friends and co-workers share similar values.					
My company reflects my values.					
People who know me could likely identify and list my values.					

Scoring

Now, add up the numbers that you chose for each statement. Write your total here: _____

Here is what your numbers mean.

- 10-20: It’s time to have another deep look at your core values.
- 21-30: You could benefit from working on your values and defining what you believe.
- 31-40: You have developed some great habits. Are you ready to do some more?
- 41-50: You have an excellent understanding and demonstration of your core values.

Where our Values Live

Now that you’ve determined what’s important, let’s see where you are at with things.

Step One

First, describe how your core values are reflected in these areas of your life.

Work

Home

Key Relationship

Family

Friends

Hobbies/Interests

Step Two

After you have identified where your values are reflected, go back through the list and add notes about where your core values are not reflected in these areas of our life. Underline these areas.

What's In Your Bucket?

The Bucket Principle

The term “kick the bucket” is synonymous with passing away. Rather than having regrets or things that you wish you had done before you got too old (or not physically able), we want to help you figure out what’s in your bucket! Then, you can make those dreams and wishes reality.

If you’ve seen the movie *The Bucket List* starring Jack Nicholson and Morgan Freeman (2007), you know what we are talking about. In this movie, the two main characters meet in hospital. The story unfolds as one character helps the other to live the events on their list. Our goal is to help you get your bucket list written down and get these things started!

Write your bucket list here. Aim for at least 50 things. (There is additional space on the next page.)

Generate at least three ideas about one of these points.

Step: _____

Ideas and Thoughts
