

# Goal Setting



"Set your goals high, and don't stop till you get there"  
- Bo Jackson

Setting goals gives you long-term vision and short-term motivation. It helps you to focus, organize your time and your resources so that you can make the most of your life. Goals are not necessarily etched in stone. They need to be revised constantly.

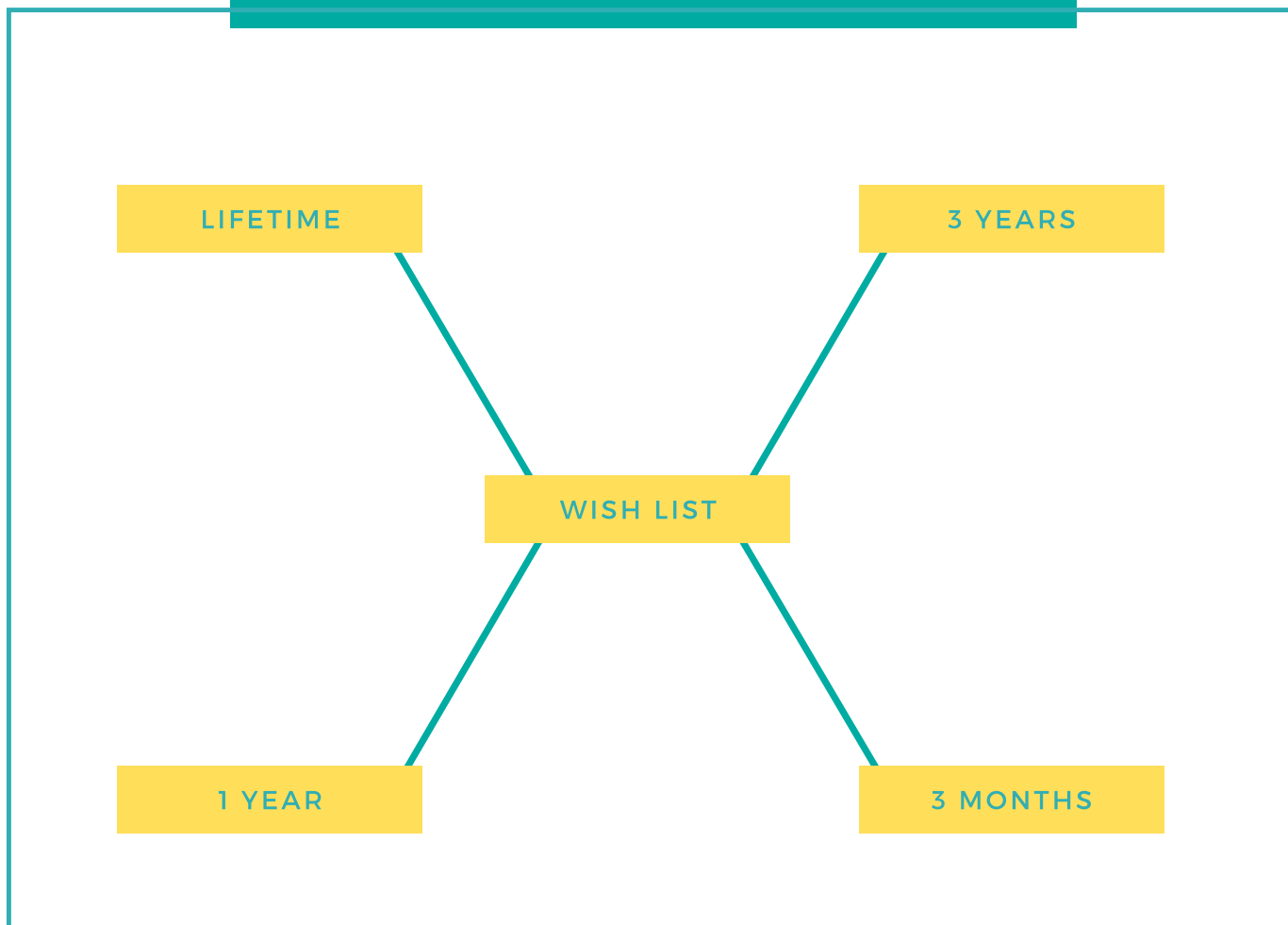
**Directions:** After completing the values activity, use this worksheet to identify your goals.

Set a timer for five minutes. Ask yourself:

If I could be anything, do anything, or have anything, what would it be?

Write every single thing that comes to mind in the web below and be as specific as possible. Lastly, do not feel like you need to justify your goals. Just write.

READY. SET. GO.



# Write it Out



Go back to to your raodmap and pick 3 goals from each section that would have the MOST impact on your life.

**Include a target date for each goal!**  
**Then place this somewhere you can see!**

3 MONTHS

1 YEAR

3 YEARS

LIFETIME