



# Goals Handout

In order for something to be a goal in Public Achievement:

- It should be important to you, personally.
- It should be within your power to make it happen through your own actions.
- It should be something you have a reasonable chance of achieving.
- It should be clearly defined and have a specific plan of action.
- And it should have a public impact.

Keys to achieving your goals.

- 1) Define the goal.
- 2) Outline the steps needed to achieve it.
- 3) Consider possible obstacles and ways of dealing with them.
- 4) Set deadlines.
- 5) Carry out your plan.

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Please respond to the following questions on a separate sheet of paper.

1. If you could become anything you wanted, or accomplish anything you wanted in life, what would it be? What can you do to make that happen? Are you doing it? (If not, why not?)

2. Think of three things you'd like to accomplish in the next several months. These must be things that are truly important to you and within your power to accomplish. For each one, describe in detail what you will need to do in order to succeed and lay out a plan for doing it (including deadlines). Now that you have set three goals, try carrying out your plans.

3. Write about a time when you succeeded at something because you made it a goal and committed to it.

- Describe what happened.
- How did that make you feel?
- What did you learn from that experience?

4. Sometimes, despite our best plans and efforts, we fail anyway. Write about a time when you tried to accomplish something but came up short.

- Describe what happened.
- How did you deal with it?
- What did you learn from it?

- Did anything positive come out of it?

5. Imagine that some day you will have children. Write a letter of advice for them to read when they reach the age you are right now. Tell them about the goals you had at this age, and what those goals did for you. Tell them about taking risks - what kinds of risks are good to take and what kind aren't. And tell them how to deal with failure and disappointment so they won't be discouraged when things don't work out the way they want.