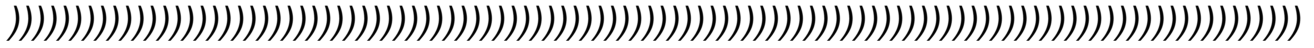


# Goals and Dreams



## Goals and Dreams

What is a dream?

.....

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What is a goal?

.....

.....

.....

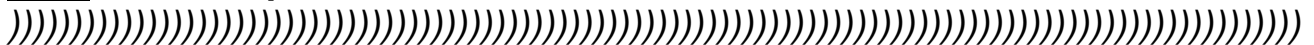
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### Definitions:

**Dream** - an achievement that \_\_\_\_\_

**Goal** - the completion of \_\_\_\_\_



*Successful people tell us that we should affirm our goals:*

→ List long and short term goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

→ *List personal & financial goals*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

→ *Look at the big picture*

→ *Focus on what you want – not how to get it*

→ *Break them down into manageable steps*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

**List some of the dreams that you have achieved so far in life**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_



15. \_\_\_\_\_
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44. \_\_\_\_\_
45. \_\_\_\_\_
46. \_\_\_\_\_
47. \_\_\_\_\_
48. \_\_\_\_\_
49. \_\_\_\_\_
50. \_\_\_\_\_

**Why are you doing it?**

.....

\_\_\_\_\_

\_\_\_\_\_

✧ “Obstacles are those frightful things you see when you take your eyes off your goal” - Henry Ford

✧ “You must have long-range goals to keep you from being frustrated by short-range failures” - Charles C. Noble

**Goal setting helps us:**

- ☞ determine our priorities
- ☞ get organized
- ☞ make big decisions
- ☞ realise our dreams.

What things could stop me from achieving my goals and dreams?

1. ....
2. ....
3. ....
4. ....
5. ....

# One Step at a Time

Choose your 5 most important dreams

- |          |          |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ |          |

My ONE most important dream is \_\_\_\_\_

Goals to achieve my dream

- |          |           |
|----------|-----------|
| 1. _____ | 2. _____  |
| 3. _____ | 4. _____  |
| 5. _____ | 6. _____  |
| 7. _____ | 8. _____  |
| 9. _____ | 10. _____ |