

The Importance of Goals

Experience Sheet and Discussion

Objectives:

The students will:

- informally assess their goal setting attitudes and behaviors.
- describe the benefits of setting and achieving goals.

Materials:

a copy of the experience sheet, “Take Charge of Your Life” for each student

Directions:

Pass out the experience sheet to the students. Ask them to answer the questions at the beginning and then read the information on goal setting that follows. When they have completed their sheets, ask if anyone has a goal that he or she would like to share with the rest of the class? When everyone has shared who wants to, lead a discussion using these and other questions.

Discussion questions:

1. *What role do goals play in a person’s life?*
2. *How will having goals help you get what you want in life?*
3. *Do people have goals through their whole lives?*
4. *How can setting goals now help you direct your future?*
5. *How do you feel after you have accomplished a goal?*

Take Charge of Your Life Experience Sheet

Without giving them a lot of thought, quickly answer these questions:

What do you want in life?

Do you feel in charge of your life?

Are you happy with the direction your life seems to be taking?

What is one goal you have for yourself right now?

Why or why not?

Why is setting goals important? Because goals can help you do, be, and experience everything you want in life. Instead of just letting life happen to you, goals allow you to *make* your life happen.

Successful and happy people have a vision of how their life should be and they set lots of goals (both short term and long range) to help them reach their vision. A man named David Starr Jordan said, "The world stands aside to let anyone pass who knows where he is going." You can bet that those people who know where they are going are getting there by setting goals.

When you set goals, you are taking control of your life. It's like having a map to show you where you want to go. Think of it this way: You have two drivers. One driver has a destination (her goal) which is laid out for her on the map. She can drive straight there without any wasted time or wrong turns. The other driver has no goal or destination or map. He starts off at the same time from the same place as the first driver, but he drives aimlessly around, never getting anywhere, using up gas and oil. Which driver do you want to be like?

Winners in life set goals and follow through on them. Winners decide what they want in life and then get there by making plans and setting goals. Unsuccessful people just let life happen by accident. Which do you want to be? You do have a choice. Goals aren't difficult to set—and they aren't difficult to reach. You decide.

3. _____

Do you remember some of the benefits of setting goals? Write down three:

1. _____

2. _____

