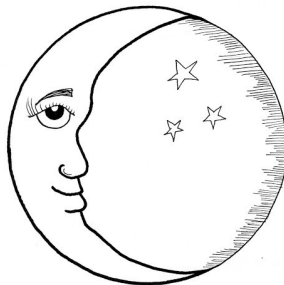


Bead #10

Shoot for the Stars

"Shoot for the moon. Even if you miss
you'll land among the stars."

— **Les Brown** (motivational speaker)



Bead #10

Have you ever wondered why some people accomplish so much in life and others do not? There are a lot of factors that play into accomplishments and success. This section is about one of the most important parts of achieving something you really want – learning how to set goals. It's not that hard but there are a few important things to know if you want goals to work for you.

Perhaps it is learning a new skill, throwing a great sleepover party, being more thoughtful, reading an entire book series or saving money. Whatever the goal, if you've experienced the sense of accomplishment that goes along with achieving a goal, then you know how fantastic it feels. If you haven't had those feelings, you're in for a real treat. Let's get to work to learn how to set goals. Here are some ideas for goal categories you might choose and examples of the types of goals that you might set.

Family Goals:

- * Help Mom or Dad by cooking dinner once a week.
- * Call Grandma once per week to see how she's doing.

Social Goals:

- * Only say positive, true things about people.
- * Get to know one new person in my grade every month during this school year.

School and Learning Goals:

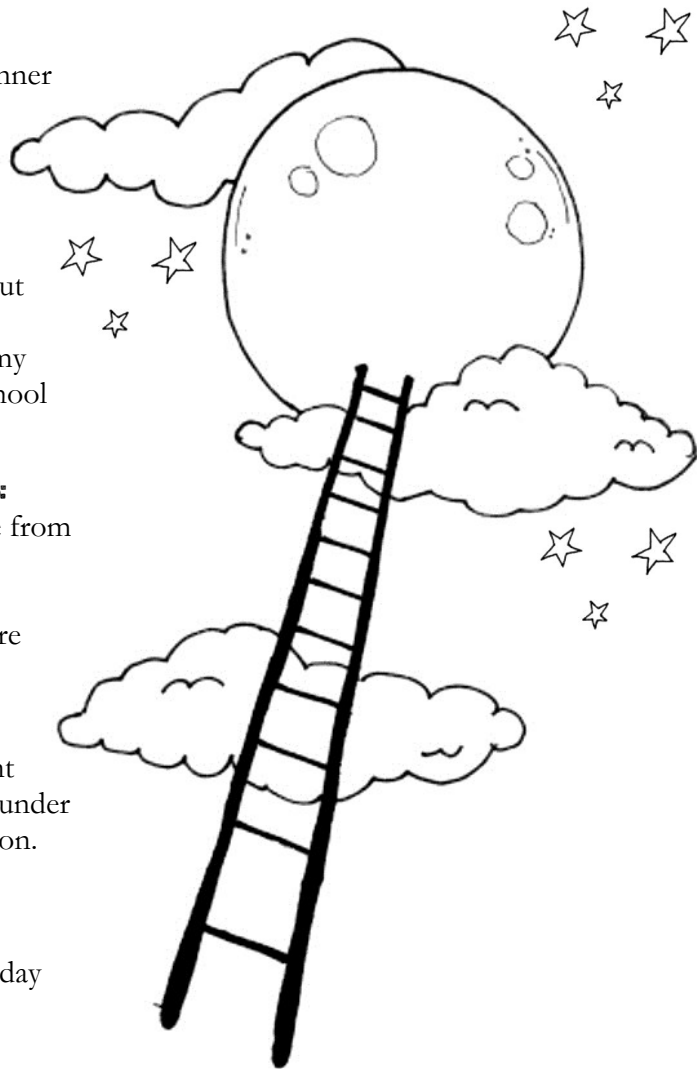
- * Improve my Language Arts grade from an 82 to a 90 by the end of this semester.
- * Read at least one book for pleasure each month.

Hobbies and Sports Goals:

- * Run for Student Council President
- * Swim the 50 yard breaststroke in under 38 seconds by the last day of season.

Physical/Health Goals:

- * Walk 30 minutes every day.
- * Practice deep breathing once per day for a whole month.

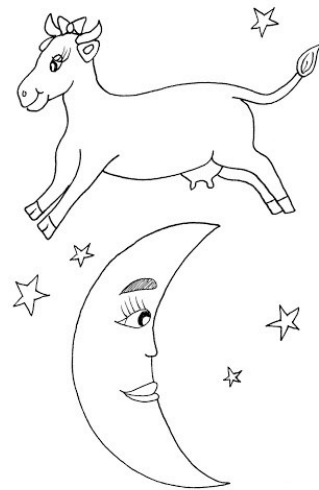


Now that you have some ideas, let's look at how to write a goal

First, a goal should be **challenging**. It might be tempting to pick something you know you can easily accomplish. Nobody likes to fail, but goals are most effective when they require you to work a little harder than usual. That's how you improve and it's the improvement that helps you feel better about yourself.

Second, your goals should be **achievable** and **realistic**. This can be tricky to figure out because you want goals that stretch you but not so much that you are doomed to fail. If you are failing a class, setting a goal for an "A" on your report card might be mathematically impossible. Perhaps a "C" would be more realistic but still require you to work hard to achieve it. If you are an athlete, you might dream of playing in college. It's fine to set a long term goal like that but make sure you have realistic goals along the way to keep you on track.

Third, your goals must be **specific** and **measurable**. If they are not, you won't know when you've accomplished them! If you simply say, I want to: "do better in school" or "run faster in cross country" or "be nicer to my little brother" those are not specific enough or measurable. Look back at our list of examples in the categories. Review each one and consider how you would know if you had accomplished the goal. Think about how you could change your goals to make them more specific and measurable. You may want to consider answers to who? what? where? when? and why? when developing a well-written goal.



Many adults and businesses use the word **SMART** to remember how to write goals. The letters stand for:

S = Specific

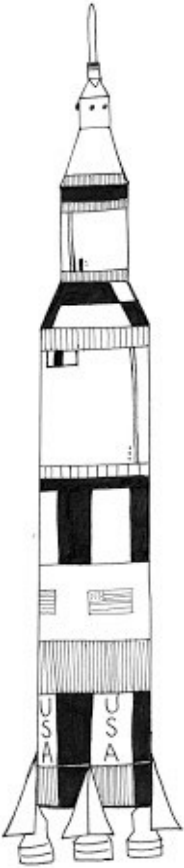
M = Measurable

A = Achievable

R = Realistic

T = Timely (within a certain time span)

There are two main types of goals — **OUTCOME AND PERFORMANCE**



Outcome goals focus on a specific result such as winning a competition or getting the highest score on a science test.

Performance goals focus on improved personal performance such as increased skills at a sport or musical instrument.

Think about which of these types of goals you have more control over. If you guessed the performance goals, you are correct. Let's say you set these two goals for an upcoming piano competition.

OUTCOME GOAL: Win first place in the piano competition. ☆ ☆

PERFORMANCE GOAL: Memorize the Brahms Concerto and play it error free in the piano competition. ☆

Then let's say that you work hard and practice every day for four months to prepare for the big competition. On the day of the recital, you are prepared and confident and play the piece better than you've ever played it before! Not surprisingly, you are feeling very proud and accomplished.

When the awards are announced, you take second place. It turns out, another girl who has been playing piano twice as long as you, played a more difficult piece and won first place. Obviously you are disappointed and feel that you didn't accomplish your goal. But is that true? Your outcome goal depended on something out of your control – another pianist. This is why it's a good idea to set both outcome and performance goals. That way, if someone is simply better or faster at something, you won't see yourself as a failure.

Can you think of a similar time in your life when you were disappointed not to reach an outcome goal? Now can you think of a performance goal in that situation that you did achieve? Write about what you learned here:

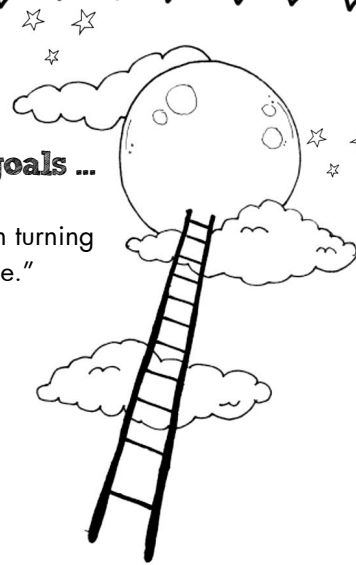
The point of setting goals is to help you to increase motivation, set priorities and improve performance in many parts of your life. Start now to get in the habit of setting and achieving goals because it will help you in many ways throughout life. Also, make sure you are setting goals for self improvement rather than comparing yourself to others.

Once you write down your goals, you'll have to list all the action steps it will take to accomplish the goals. These may be mini versions of the larger goal. For example, if you want to improve your math grade, your action steps might include staying after school for extra help with the teacher and spending twice as much time doing homework and review each night. You will feel a sense of accomplishment each time you complete an action step, too!

Some final thoughts about setting goals ...

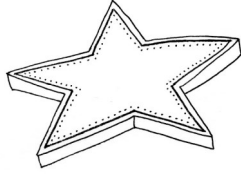
☆ ☆ "Setting goals is the first step in turning
☆ the invisible into the visible."

— Tony Robbins
(motivational author)



1. **Write down your goals.** Post them in a place you will see them every day. Do something every day to work towards them.
2. **Make sure your goals reflect the authentic YOU because you will need personal drive, energy and motivation to accomplish them.** This is not a time to focus on pleasing others. This is a time to reflect on *the personal values* you explored in a previous section. Don't be tempted to set goals based on what others think you should do unless it aligns with your heart.
3. **Make sure your goals are responsible.** If your goal will cost you friends, hurt your relationship with your family or harm your reputation, re-think it.
4. **Be patient and give yourself time for your goals to become new habits.** Some experts say it takes doing something 15 to 20 times or at least a month of regular effort before you don't struggle to remember to do it.
5. **Be open to change your goals now and then.** It's normal for obstacles to get in the way of accomplishing a goal. Or, your feelings about a goal may change. Don't set goals in concrete. Have a plan but be flexible to change the plan if needed.

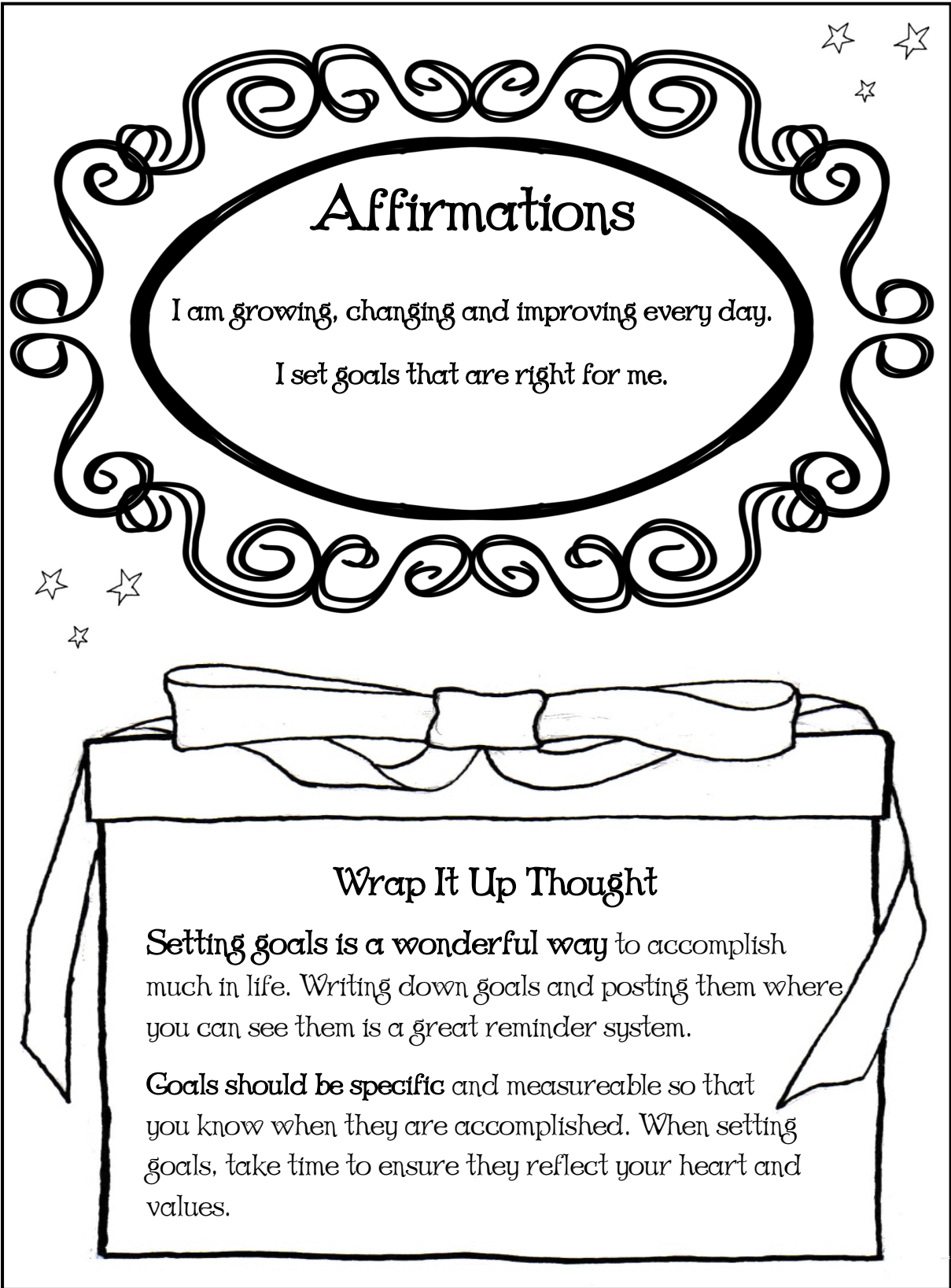




Use this worksheet to work through your own goal setting. You may want to make photocopies of a blank form so you can use it again and again.

MAKE YOUR GOALS Specific Measureable Achievable Realistic Timely

CATEGORY	GOAL	STEPS I NEED TO TAKE	TIMELINE	DONE
Family:				
Social: Friends, Teammates and Classmates				
School and Learning: 				
Hobbies and Sports:				
Physical and Health:				



Affirmations

I am growing, changing and improving every day.

I set goals that are right for me.

Wrap It Up Thought

Setting goals is a wonderful way to accomplish much in life. Writing down goals and posting them where you can see them is a great reminder system.

Goals should be specific and measureable so that you know when they are accomplished. When setting goals, take time to ensure they reflect your heart and values.

Bead #10

July 20, 1969 was an important day in our country's history and we remember it well. On our black-and-white televisions, we watched as Apollo 11 landed and Neil Armstrong became the first man to step onto the moon!

It was an incredible achievement and it came only eight years after President John Kennedy announced it as a goal. A project that complex probably seemed impossible at first, but when it was broken down into a series of smaller challenges, it became a reality. When you look at this bead, shaped round like the moon and covered in stars, remember our country's first landing on the moon and know that the impossible is possible if you set goals and work hard to achieve them.

