

Personal Goals

Performance indicator: To familiarize yourselves with what goals are.

Classroom activity: Imagine activity/ Discussion

Scenario:

You have been studying a lot for the school term and you finally have some time off from your studies. The school is going to be closed for _____. You have decided to take a road trip to _____. You are very excited because you have been waiting for some time off from school. Your phone rings and your friend tells you he/she is outside, waiting for you. You quickly grab your bags and wallet/purse and run outside. Your friend has been driving for 2 hours and asks you for a map. You reach for your bag and can't find your map. You stop at the gas station to ask for directions and to put gas into the car. The attendant doesn't know how to get to. You reach for your wallet and it's not there. You tell your friend that you have left your wallet at home. Your friend says it's ok, but only has _____ for the trip. You and your friend find someone that knows where to go. You get to the hotel and give them your name and details. You realize that you were supposed to reserve two rooms and you forgot to. The attendant tells you that they have no rooms available.....

Imagine a scenario.

1. **What went wrong?**
2. **What could you have done so that the above case scenario would have not happened?**
"Life is like this when you don't have some sort of road map or plan."
3. **What would you think happen if a teacher decided to come to class without preparing what he or she have to teach?**
4. **What are your thoughts on having some sort of road map or involve some sort of planning?**
5. **Do you agree with having some sort of road map when dealing with life (school, work, personal, financial (exp. saving money) ?**
6. **Dreams vs. Goals**
"What are your dreams? What do you want to do hope to do by the time your (exp. 50 years old)?"
7. **What do wish or hope to do with your life?**

Dreams vs. Goals

- **Dreams**: A **dream** is also a type of target: it is the realization of your desire or wish. In other words, it means something you hope for or wish for.

Activity:

Q: What do you hope to get for your birthday?

Birthday wish list

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

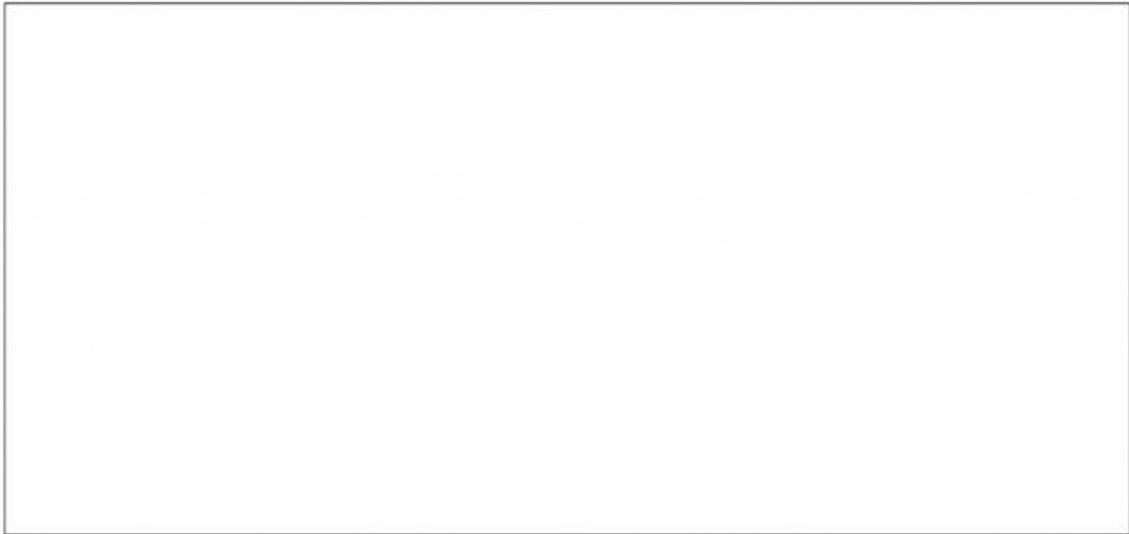
- **Goal**: It is the result or achievement toward which effort is directed; aim; end. In other words, it means taking a dream or something you hope for and working to achieve it.

Activity:

Q: What do you plan to get out of this class?

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

Q: How will you achieve it? Pick one of the plans you wrote down. Write about how you are going to achieve it?



Vocabulary

1. Action- something done or performed; act; deed (exp. turning on a washing machine)
2. Reality- a real thing or fact
3. Achieve- to get or attain by effort; gain; obtain: to achieve victory
4. Goal setting- to make plans for a goal
5. Proactive- controlling a situation by causing something to happen rather than waiting to respond to it after it happens

Dreams vs. Goals

Goal are like shooting an arrow toward a target. Think of the bull's eye activity. You may want to hit the target, but if you don't take action—shooting the arrow—you only have a dream. To turn your dreams into reality you need to take action and do something to achieve it.

Goal setting is your key. It is the art of wanting something and proactive plan to get it.

Five Types of Goals

Financial Goals:

Financial goals can be planning to save money for something or planning to pay for bills that you may have.

Business: Goals:

Business goals show what the business is hoping to achieve.

Personal Goals:

Personal Goals can be anything that you want to accomplish personally. Do you want to find a husband/wife? Make it a goal! Do you want to backpack through Italy? Make it a goal! How about finish school, or take your kids on a trip. Make it a Goal! Just make sure any goal you make, you accomplish.

Personal Goals can also be mixed with your other goals. For example: It is a personal goal of mine to help people.

Asset Goals:

These are the goals referred to as "stuff"! Make a list of stuff that you wish to get as you accomplish your goals. Things like a house or buying a car are examples of asset goals. If those seem too big to start: how about setting some asset goals on things you can achieve quickly: new tables for your house or a plant for your kitchen window are good examples. You should have something to work towards. What good is having money if you don't spend it on anything?

Spiritual Goals:

Whatever religion you may be; whatever you believe in; spiritual goals are an important. What you believe in is important.

Your spiritual goals can be learning more about it. As an example: My spiritual goal is to read more about it. I have set the goal and I have to take the steps to accomplish my goal.

My Personal Goals

1.

2.

3.

4.

5.

Motivation

Vocabulary

- 1) **Socialization** –a person learns what is accepted by family, friends, and others and acts this way to get along with everyone.
- 2) **Incentive** – reward
- 3) **Punishment** – to punish
- 4) **Consequences** – what will happen if you do something or make a decision

What is motivation?

It is something that makes you want to take action toward a goal. It is the reason for your action.

Different types of Motivation:

Achievement -

This is the motivation of a person to achieve goals. The longing for achievement is inherent in every man, but not all persons look to achieve as their motivation. They are motivated by a goal. In order to attain that goal, they are willing to go as far as possible.

2) Socialization -

Some people consider socialization to be their main motivation for actions. Some people are willing to do anything to be treated as an equal within a group of people or friends. The idea of being accepted among a group of people is their motivation for doing certain things.

3) Incentive motivation -

This motivation involves getting something. People who believe that they will receive rewards for doing something are motivated to do everything they can to reach a certain goal. Incentive motivation is driven by the fact that the goal will give people benefits.

4) Fear motivation -

When incentives do not work, people often turn to fear and punishment as the next tools. Fear motivation involves pointing out various consequences if someone does not follow a set of rules.

5) Change motivation -

Sometimes people do things just to bring about changes in their lives. Change motivation is often the cause of true progress. People just become tired of how things are and thus, think of ways to improve their lives.

Stress Management

What is stress?

It is something what makes us worry. For example: Worry over his job and his wife's health put him under a great stress.

How can I get rid of stress?

Exercise Getting a hobby

Write your thought in a book/journal

Meditation

Deep breathing

Relax

Artistic Expression (drawing, painting)

Spas

Time management Take a break Listen to music

Stress Activity

Stress	What can I do to help
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.

Planning Skills

The Planning Process

Is deciding what to do and how to do something.

- 1) Avoid wasting effort:

It is easy to spend large amounts of time on activities that you don't need to work on.

Planning helps you avoid wasting your time.

- 2) Take into account all factors.
- 3) Be aware of all changes that will need to be made:

If you know these, then you can change things to prepare for it.

- 4) Gather the things you need:
- 5) Carry out the task in the best way possible
- 6) Think about where you are now (What have you achieved?)

Think of who, what, when, where

