

Religious Studies

Choices (Setting Goals) - Notes and Questions

"Goals" are basically desires that are put into action through a plan. Children, who start ahead, stay ahead. **Goal setting** is by far the best way to start ahead and secure one's future.

Effective **goal setting** is one of the most important habits one can develop. It is an essential skill for achieving success in all areas of life.

Two biblical examples of persons who achieved their goals are **Noah and Nehemiah**. Noah took a long time but he completed the ark God instructed him to build.

Nehemiah supervised the rebuilding of the walls of Jerusalem. Both of these men experienced challenges and opposition. However, they did not give up.

You can formulate or make personal goals based on the main areas of your life. These areas are **spiritual, academic, physical** and **social**.

A spiritual goal may be to spend quiet time with God each day.

An academic goal may be to achieve a B+ in Mathematics.

A physical goal may be to exercise or spend time outside each day.

A social goal may be to make a new friend.

After goals have been formulated, individuals must outline **steps** needed to achieve goals.

1. **List the strategies for achieving goal**
2. **List the resources needed**
3. **Consider possible blocks and ways of dealing with challenges**
4. **Set deadlines**

Questions for Choices (Setting Goals)

Section A: Fill in the blank.

Directions: Use the words in the box to fill in the blank.

Nathan	Nehemiah	Noah	future	goal	success
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- (1) Goal setting will help you secure your _____.
- (2) Goal setting is an important skill to have to help you have _____ in different areas of your life.
- (3) A _____ is something you want to achieve or have.
- (4) _____ had a goal to build an ark before the flood came.
- (5) _____ had a goal to help with the rebuilding of the walls of Jerusalem.

Section B: Short Answers

Directions: Write spiritual, physical, academic or social to describe the goal.

- (6) Spend time with God in prayer _____
- (7) Take a thirty minute walk _____
- (8) Call a friend to chat _____
- (9) Help others that are in need _____

(10) Go on a jog _____

(11) Sing praise songs to God _____

(12) Learn how to divide numbers _____