

Task 1**Establishing your goals**

Pre reading Vocabulary task

Using a dictionary, find out the meanings of the words below. Write down the definitions from the dictionary

1)goals	
2)pursue	
3)values	
4)cognitive	
5)strategies	
6)reflect	
7)prioritize	
8)elusive	
9)feasible	

10)establish	
11)unquenchable	
12)fulfilled	

Task 2

1. What does the writer say is one of the amazing things we have been given as humans?

2. What does the writer say we can dream off?

3. Name at least two things that the writer says we have been given the ability to do.

4. What does the writer say that goals and dreams are?

5. What does the writer mean by “dream of better spiritual lives”?

6. Explain the meaning of the following paragraph in your own words

7. According to the text, how do we know what our dreams are?

8. What are two practical steps to help us find out what our dreams are?

9. Write a sentence in your own words using the word '**pursue**' to show that you understand its meaning.

10. Write a sentence in your own words using the word '**unquenchable**' to show that you understand its meaning.

11. What does the writer tell us to remember in the last paragraph?

12. What message do you take away from the text after reading it?

Task 3

Can you put the following headings on top of the correct paragraphs

The art of listening to our dreams

Steps to find out what our dreams really are

Final thoughts

Human beings and their unquenchable desires

What are your dreams and goals?

Task 4

Think of three things you'd like to accomplish in the next few months. These must be things that are really important to you and within your power to achieve.

For each one, describe what you will need to do in order to succeed and write out a plan. Give these three goals a deadline.

Use the worksheet called 'My goals and dreams' to help you

Extension tasks

A) Is it a good idea to set goals? Why?

Explain your answer

B) Write about a time you succeeded at something because you made it a goal and committed to it.

Describe what happened

How did it make you feel?

What did you learn from the experience?