

# Chapter 2

## Lesson 3 The Power of Goals

**Theme: Goals**

### Lesson Objective:

Students will show knowledge of characteristics of goals. Students will name The Nine Areas of Life. Students will name personal long term and short-term goals. (See matrix for Arizona Academic/Adult Standards).

### Steps to Follow:

**“If you don’t know where you’re going, you’ll probably end up somewhere else.”  
--Eleanor Roosevelt**

1. Review *Decision Making, Step 1 Self-talk*. Practice self talk, “Before your choice, hear your voice say, ‘Stop and Think VGC.’” Tell: The last lesson examined values; this lesson examines goals.
2. Discuss the quotation.
3. Define goal. (Something to accomplish, what I want or need, the way I want things to work out)
4. Ask: Does the way you spend your time show your personal or work values you identified in Lesson 2? Some students may recognize that their behavior may not show their values well.
5. Discuss the difficulties and importance of setting goals that reflect personal values. Ideas may include:
  - Goals in one Life Area affect those in other areas,
  - All life areas are important for a balanced life,
  - It’s important to take a broad view of your life as well as day-to-day, wide perspective and setting future goals distribute your energy and time so you’re less vulnerable if something happens to disrupt one area – can fall back on other areas so you don’t get overwhelmed and feeling helpless (e.g. get fired, but family, friends, spirituality keep you going)
  - Broad view also helps when good intentions aren’t enough, e.g. New Year’s resolutions can fall apart,
  - Acting on your values all the time is difficult, if you set a goal and don’t get there others may criticize. Success takes time and commitment.

- Need a plan with short-term goals that lead to long-term goals.

9. Review *EXAMPLE of GOALS IN MY LIFETIME S4*. Complete one *GOALS IN MY LIFETIME S4* sheet for each Life Area.

**Materials:**

*EXAMPLE of GOALS IN MY LIFETIME S4*  
*GOALS IN MY LIFETIME S4*

**Evaluation:**

Rubric

**Enrichment:**

## Example of Goals in my Lifetime

S4

Circle the Life Area:  
Leisure, Learning, Spiritual, Relationships, **Health/Wellness,**

Family, Career, Financial, Citizen of the Community

<b>Goal 1</b>	
<b>Long Term</b>	<b>Stay clean and sober for 1 year, from today, until July 1, 2004.</b>
<b>Short Term</b>	<b>1. Comply with drug testing while I'm on Probation.</b>
	<b>2. Go to drug counseling every week. Do the assignments.</b>
	<b>3. Tell my friends I need to stay clean to get off Probation. Ask them to not tempt me.</b>
	<b>4. Go to AA/NA meetings 90/90.</b>
	<b>5. When I'm craving, go to gym, listen to music, talk to parents or friends, drink soda, smoke cigs, go sit in church, pray, meditate.</b>

<b>Goal 2</b>	
<b>Long Term</b>	
<b>Short Term</b>	<b>1.</b>
	<b>2.</b>
	<b>3.</b>
	<b>4.</b>

Circle Life Area:  
**Leisure, Learning, Spiritual, Relationships, Health/Wellness,  
Family, Career, Financial, Citizen of the Community**

<b>Goal 1</b>	
<b>Long Term</b>	
<b>Short Term</b>	
1.	
2.	
3.	
4.	
5.	

<b>Goal 2</b>	
<b>Long Term</b>	
<b>Short Term</b>	
1.	
2.	
3.	
4.	
5.	

