

Chapter 2

Lesson 4 Setting Your Goals

Objectives

- **Explain** the relationship between decisions and goals.
- **Distinguish** between short-term goals and long-term goals.
- **Explain** how your interests and values are sources of goals.
- **Identify** three sources of support for reaching a goal.



Chapter menu

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Chapter 2

Lesson 4 Setting Your Goals

Start Off Write

What is a long-term goal?



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Lesson 4 Setting Your Goals

From Decisions to Goals

- **Why Are Goals Important?** Goals make you feel better about yourself. Goals build self-esteem.
- **What Is Self-Esteem?** Self-Esteem refers to how you feel about yourself as a person and how much you value yourself.



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Types of Goals

- **Short-Term Goals** Short-term goals are tasks that you can accomplish in a short period of time.
- **Long-Term Goals** Long-term goals are tasks that usually take weeks, months, or even years to accomplish.



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Lesson 4 Setting Your Goals

Your Interests and Values

- **What Is an Interest?** An interest is something that you enjoy and want to learn more about. You might have an interest in music, sports, or even getting your dog to do tricks.
- **Values Should Influence Goals** Because your goals may change when your interests change, let your values be a big influence on your goals.



Chapter 2

Lesson 5 Reaching Your Goals

Objectives

- **Explain** why having an action plan is important for reaching your goal.
- **Explain** the importance of learning from your mistakes.



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Lesson 5 Reaching Your Goals

Start Off Write

What does being successful mean?



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Lesson 5 Reaching Your Goals

Having Success

- **An Action Plan** An action plan is a map that outlines the steps for reaching your goal. An action plan does the following:
 1. clearly states your goal
 2. outlines things you need to accomplish to reach your goal
 3. has a timeline for reaching your goal
 4. lists the resources you need to reach your goal



Chapter menu







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Lesson 5 Reaching Your Goals

Once you've set your goal, you must have a strategy for accomplishing it.

	Write down your goal.
	Make a list of the steps you will follow to reach your goal.
	Do some research to find information that you may need to reach your goal.
	Estimate how long it will take you to reach your goal, and write down this information.
	Check your progress periodically.
	Reward yourself when you have reached your goal.



Chapter menu

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Lesson 5 Reaching Your Goals

Setbacks

- **What Is a Setback?** A setback is something that goes wrong. But setbacks are also learning opportunities.
- **Having Persistence** The key to reaching a goal is to be persistent. Persistence is the commitment to keep working toward your goal even when things happen that make you want to quit.



Chapter 2

Lesson 6 Goals Can Change

Objectives

- **Explain** how to keep track of your progress.
- **List** two reasons why goals sometimes change.



Chapter menu

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Lesson 6 Goals Can Change

Start Off Write

What is one way you can track your progress in reaching a goal?



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Lesson 6 Goals Can Change

Assessing Your Progress

- **What Does It Mean to Assess Progress?** To assess your progress is to measure your short-term achievement towards a long-term goal.
- **How Can You Assess Your Progress?** Ways to assess your short-term progress include keeping a journal or making a chart.



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Lesson 6 Goals Can Change

Changing Your Goals

- **Why Should You Change Your Goals?** There can be many reasons to make a change to your goals, including:
 1. The available resources changed.
 2. Your interests changed.
 3. Your original goal was unreasonable.



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