GOALS & DREAMS

Why Set Goals?
- Gives you long-term vision and short-term motivation
- Helps organize your time and resources so you can make the most of your life
- Raises self-confidence; you recognize your ability and competence in achieving the goals you’ve set.

Starting To Set Personal Goals
- Look at the “big picture” and identify the large-scale goals you want to achieve
- Break them down into smaller goals
- Once your plan has been made, start working on achieving those goals

First step in setting a personal goal is to consider what you want to achieve in your lifetime. To give a broad coverage of all important aspects of your life, try to set goals in the following categories:

- Career: What level do you want to reach in your career or what do you want to achieve?
- Financial: How much money do you want to earn and at what stage?
- Family: Do you want to be a parent? If so, how are you going to be a good parent? How would you want to be seen by your partner or by members of your extended family?
- Artistic: Do you want to achieve any artistic goals?
- Attitude: Is any part of your mindset holding you back? Is there any part of the way that you behave that upsets you? If so, set a goal to improve your behavior or find a solution to the problem.
- Physical: Are there any athletic goals that you want to achieve, or do you want good health deep into old age? What steps are you going to take to achieve this?
- Pleasure: How do you want to enjoy yourself? You should ensure that some of your life is for you!
- Public Service: Do you want to make the world a better place? And if so, how?


SMART Goals

A useful way of making goals more powerful is to use the SMART mnemonic. While there are plenty of variants (some of which we've included in parenthesis), SMART usually stands for:

- S - Specific (or Significant).
- M - Measurable (or Meaningful).
- A - Attainable (or Action-Oriented).
- R - Relevant (or Rewarding).
- T - Time-bound (or Trackable)

http://www.buzzle.com/articles/goal-setting-for-students.html
Dreams

“So many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable.”

"All men dream, but not equally. Those who dream by night in the dusty recesses of their minds wake in the day to find that it was vanity; but the dreamers of the day are dangerous men, for they may act their dream with open eyes, to make it possible." - Thomas Edward Lawrence

Dreams are important for all ages. Dreams encompass goals and more. They give your life purpose, direction, and meaning. They shape your life choices, help you build toward the future, and give you a sense of control and hope. They're an expression of your potential and give voice to your talents. They're a source of pleasure and help develop the self. And they can change the world – just think of those famous words from Martin Luther King, Jr., "I have a dream!"

Dreamers are the ones who have the courage and creativity to see beyond "what is" to "what can be" to make a difference in their own life and the lives of others.

The beginning of the school year is a fresh start – a time to build on what you've already learned, and get past any challenges you faced during the last school year. To set a positive tone for the school year and help our students develop important skills, it's valuable to encourage them to think about their future, set goals that will help them start to realize that future, and establish a step-by-step plan they can execute during the school year.

It all starts with a dream.

http://www.tcpnow.com/guides/beginend.html

Star Activity
- Main goal in the middle, the five “star points” will be five steps to reaching that goal.