

GLOSSARY

assess: 1. to determine the value or significance of; appraise. 2. to evaluate.

criteria: standards, rules, or tests.

goal: the purpose toward which an endeavor or effort is directed.

objective: something worked toward or aimed for; a goal, purpose, or destination.

persevere: to persist in any purpose or enterprise; continue striving in spite of difficulties.

procrastination: to put off doing something until another time, especially out of habitual carelessness or laziness.

realistic: tending to or expressing an awareness of things as they really are.

reassess: to determine again the value or significance of.

revise: 1. to prepare a newly edited version of (a text). 2. to reconsider and change or modify.

valid: 1. producing the desired results. 2. based on evidence that can be supported.

VALID GOALS

List three goals in the left column. Evaluate them, one by one, by answering yes or no to each question. If the answer “no” ever occurs, revise the goal to make it valid.

 Goals	<i>Is it personal?</i>	<i>Is it realistic?</i>	<i>Are the consequences positive?</i>	<i>Does it have a deadline?</i>	 Revised Goals
1.					
2.					
3.					

STEP THIS WAY

Decide that you
want to be on
the basketball team.

Eat well and make
sure to get plenty
of rest the week
before tryouts.

Find someone who
can help you
improve the skills in
which you're having
trouble.

Be chosen for the
basketball team.

Start practicing,
and find out when
tryouts are.

Try out for the
basketball team.



ON YOUR WAY

Long-Term Goal

1. Write one of your long-term goals in the top box.
2. Think about the steps you need to take before you can achieve this goal. List the steps on the back of this activity sheet; then number them in the order in which they should be done.
3. Fill in the boxes with the stepping-stone goals that will help you reach your goal.

A SELF SURVEY

When you say “I will,” but then you don’t , is it because...	No		Yes	
	Never	Sometimes	Usually	Always
1. you’re afraid that you won’t be good enough?				
2. a family member will put you down?				
3. you just wanted to please someone else?				
4. friends will think you’ve become weird?				
5. you’ve said “I will” to too many things already?				
6. you have trouble saying no to some people?				
7. you’re not sure you can?				
8. you wanted to, but nobody else did?				
9. you didn’t want to do it in the first place?				
10. you just didn’t do it?				

If you answered yes to five or more questions, chances are you're too hard on yourself! Ease up and stop worrying so much about what others think. Your opinion counts, too! Have a little more confidence in yourself.

If you answered no to more than five questions, keep going for it! You might want to check that your competitive side doesn't get the best of you.