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 difficul-

ties.

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	Is it persons.	is it s	Arethe Conseque Positive	Doesit have	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.

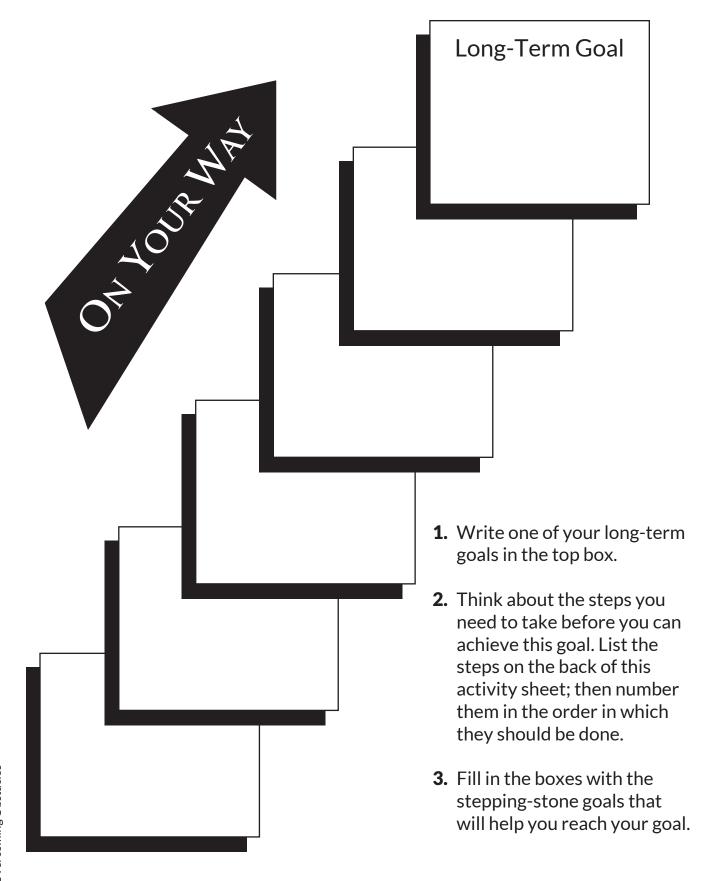
Find someone who can help you improve the skills in which you're having trouble.

Be chosen for the basketball team.

Start practicing, and find out when tryouts are.

Try out for the basketball team.

GOAL SETTING | STEPPING STONE GOALS



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 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.

little more confidence in yourself.

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

