

Module 1: The Perfect Machine

Topic 1 Content: Setting Goals

Don't Get Lost



Have you ever wondered why some kids have it together, rolling down life's highway, making good grades, participating in sports, and winning awards, while others struggle day to day with school work?

Those who seem to have it together most often set goals for themselves. They set yearly goals, write down monthly and weekly tasks, and keep a daily log of chores and accomplishments.

The process of setting goals is like creating a road map for yourself. Those who can see their ultimate goals or destinations, determine routes to meet them, then keep to their plans will continually be successful.

Module 1: The Perfect Machine

Topic 1 Content: Setting Goals

Enter Your Destination



As a child, your educational goals are set for you. You are required to attend school.

As you grow and mature, you learn to set your own life goals. What do I want to do for a living? What kind of lifestyle do I want? How much money do I need to make to afford that lifestyle? Where do I want to live? Do I want to get an education beyond high school?

Module 1: The Perfect Machine
Topic 1 Content: Setting Goals

Verify Your Destination

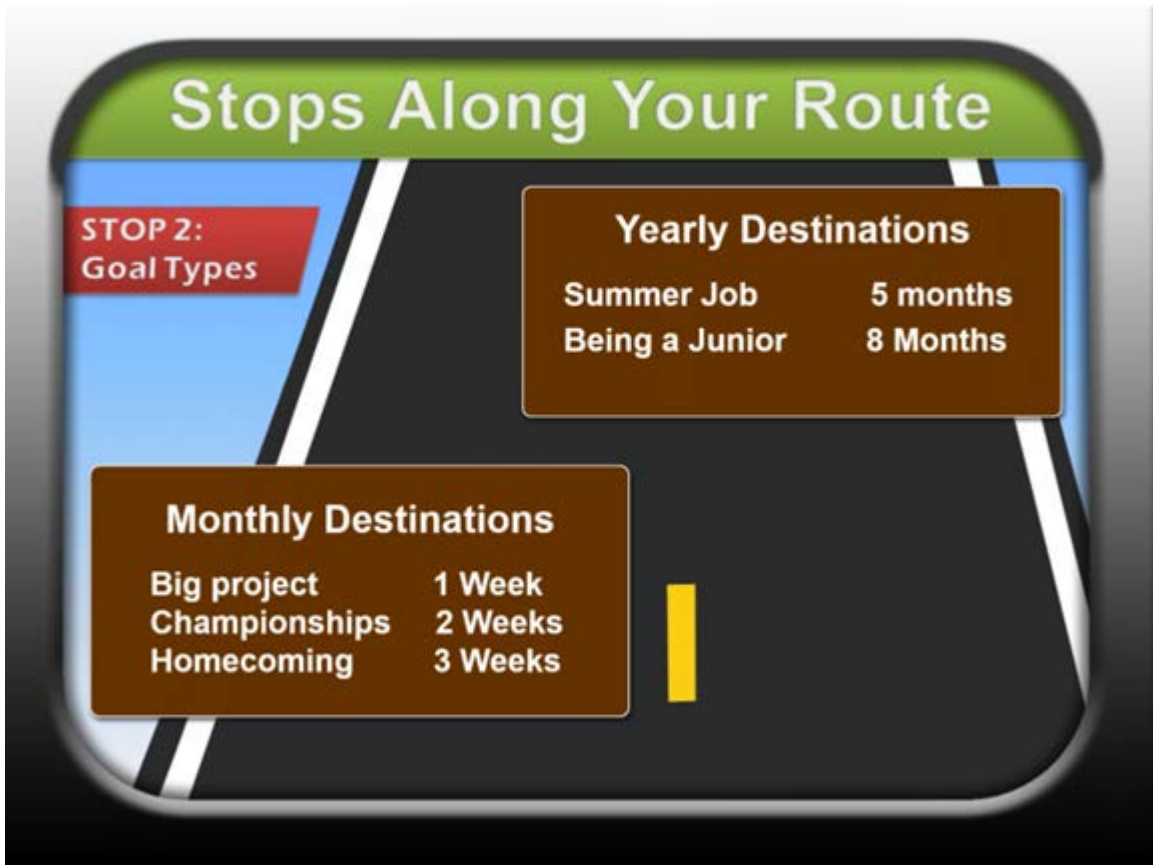


Depending on the goal, your long-term goal may be a month, a year, or even longer from now.

Module 1: The Perfect Machine

Topic 1 Content: Setting Goals

Stops Along Your Route



While you may have goals that are within a year's time, you probably have shorter-term goals that fall within a month's time.

Examples of long-term goals are finishing the school year, finding a summer job, or going to the next grade level. Within those goals, smaller achievements are made to complete an assigned project, compete in championships, or attend a social event.

Module 1: The Perfect Machine

Topic 1 Content: Setting Goals

Goal Types: Yearly and Monthly Goals



Short-term goals are set in small increments. They help you get closer to the long-term goal. Some call them baby steps.

They can be broken down into weeks, days, and even shorter time periods, depending on the goal.

Module 1: The Perfect Machine

Topic 1 Content: Setting Goals

Goal Types: Daily Goals



Examples of weekly goals are doing well on a test, participating in a sport, celebrating a family member's birthday, or spending time with friends.

Every day you wake up to the goals you set. I need to get ready and go to school. After school, I have to go to practice, complete my homework, and check my work schedule.

Weekly and daily goals or tasks help you stay organized and strive toward the ultimate challenge you set as a long-term goal.

Module 1: The Perfect Machine
Topic 1 Content: Setting Goals

Reaching Your Destination



Remember, make a plan for your long-term goals. Take into account the shorter-term goals you need to set in order to reach your ultimate destination.