

Dream Sheet and Goals

Start your goal-setting activities by finding a warm, dry, quiet place. This place does not have to be a cave. Find a comfortable position, turn on some relaxing music, and think about what type of life you want. How would you like things to turn out if you could have anything? Don't worry about thinking "too big". This is a stream-of-consciousness activity that does not make your goals. Instead, the dream sheet is a way of considering parts of your life in five to ten years and, in very general terms, what you would like to have happen. This particular activity will be done in the classroom, which is usually a warm, dry, quiet place. Place this "Dream Sheet" with your Journal entries.

Goals

Goals are: Written statements of intention; formulations of what we want stated; abstractions with concrete results; solutions to the problems of looking to the future; represent endings and beginnings; help us find our way.

"If you don't know where you're going, it doesn't matter which road you take."

---The Koran

Writing Goals

A goal statement is usually a brief declaration of a desired outcome. It must be stated in a way that is measurable so you will know whether you have achieved the goal. The verb used in a goal is important because it describes the action taken to get there.

Examples: I will earn a Bachelor's Degree from a four-year university.

I will help protect the Anza-Borrega Desert from polluters.

I will become more tolerant of others.

I will become financially independent.

Defining Activities/Objectives to Reach Goals

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Activities or objectives are statements describing very specific steps to reach those achievements or outcomes you want. It must be reachable within the time line you establish.

Examples: Identify 6 universities I can afford by the end of the semester.

Join the Sierra Club writing campaign by January, 2000.

Join the International Student club during Fall Semester.

Call two financial planners by Monday of next week.

How to Write a Goal Statement

Step 1: I will

Step 2: Clearly state your goal.

Step 3: List objectives and activities to reach goal.

Step 4: Specify date and timeliness to complete goals

Goal Statement:

I will lose weight.

New and improved goal statement:

I will lose _____ pounds/kilos by _____.

Objectives and timeliness:

Begin a program of exercise by May 1, 2000.

*** Walk 30 minutes a day @ 7 AM.**

*** Play tennis with Omar every Saturday.**

*** Go to gym on Mondays and Wednesdays @ noon.**

*** Start a diet watch by May 1, 2000.**

*** Record food intake every day.**

- * Make appointment with doctor to discuss diet.
- * Buy Dieting for Dummies this week.

A Career- related Goal

Goal: I will decide on whether to consider a career in law enforcement by May 1, 2000.

Objectives or Activities:

1. Interview 10 people in law enforcement by March, 2000.
2. Call Labor Department about the need for law enforcement professionals in California by April, 2000.
3. Find 6 possible police academies by early April, 2000.
4. Make appointment with career counselor to discuss findings by mid- April, 2000.
5. Go to mountains to clear head during last week of April, 2000.
6. Write out pros and cons regarding this career using "Decision Point".

Setting Your Own Goals

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Based on your "Dream Sheet" and things you have planned for yourself in the future, write a number of goals you have on the following page. Write down as many of these goals as you can think of. You will be writing your long-term, medium-term, and short-term goals. Don't minimize the size of your goals by being too self-critical. That's an order!

What are your lifetime goals from the perspective of how you see your life now? A lifetime goal might be: I will learn ways to strengthen my family ties. A good way of stating lifetime goals is to ask yourself, how do I want to be remembered when I'm gone?

What would you like to accomplish during the next five years? For example: I

What would you like to accomplish during the next five years? For example: I will finish the Accounting Certificate in two years.

What are your six-month goals? An example of a short-term goal such as this is, I will pay off my Master Card bill by December.