

# Table of Contents

<b>Lesson 1.</b>	<b>Personal Strengths .....</b>	<b>1</b>
<b>Lesson 2.</b>	<b>Character Building .....</b>	<b>7</b>
<b>Lesson 3.</b>	<b>Goal Setting .....</b>	<b>17</b>
<b>Lesson 4.</b>	<b>Study Habits and Skills .....</b>	<b>21</b>
<b>Lesson 5.</b>	<b>Career Exploration .....</b>	<b>29</b>
<b>Lesson 6.</b>	<b>Family .....</b>	<b>35</b>
<b>Lesson 7.</b>	<b>Healthy Relationships .....</b>	<b>39</b>
<b>Lesson 8.</b>	<b>Peer Pressure .....</b>	<b>45</b>
<b>Lesson 9.</b>	<b>Stress .....</b>	<b>51</b>
<b>Lesson 10.</b>	<b>Alcohol .....</b>	<b>57</b>
<b>Lesson 11.</b>	<b>Other Drugs .....</b>	<b>63</b>
<b>Lesson 12.</b>	<b>Anger Management .....</b>	<b>69</b>
<b>Lesson 13.</b>	<b>Conflict Resolution .....</b>	<b>75</b>
<b>Lesson 14.</b>	<b>Being Assertive .....</b>	<b>81</b>
<b>Lesson 15.</b>	<b>Racism .....</b>	<b>87</b>
	<b>References.....</b>	<b>91</b>

# LESSON 3: GOAL SETTING

*“Dreams are airplanes that are in the sky.  
Goals are the engines that  
can make them fly.”*

R. P. Bowman



Unfortunately, many young people don't think very often about setting positive and realistic goals for themselves. The most successful people know how to set an achievable, positive goal and then take action that will bring about goal attainment.

It has been said that "If you don't know where you are going, you will never get there." Unless you know how to make achievable plans for yourself, you will not find much success in your life.

## **Carl Lewis' Story \***

Carl Lewis has set several world records and won numerous Olympic gold medals in track and field events. These remarkable achievements did not come easy for him. Growing up, Carl felt like the runt of the family and did not seem to have an aptitude for any sport. When young people in his neighborhood established teams for different sports, Carl was often the last one picked.

Despite his small size, Carl did not stop pursuing his dream of becoming a winning athlete. He wanted to find something he could do better than his sister. So he worked hard practicing for track events. He set his sights on one competition at a time and finally won the long jump competition in a regional Jesse Owens meet. Later, he continued to achieve one success after another until he became one of the most famous athletes in the world. Carl Lewis started with a dream, then worked hard to achieve one goal at a time until he finally reached and surpassed it.

For example, Carl used this technique of setting and achieving small goals when attempting a long jump. Just before a jump, he carefully planned each of his steps as a separate goal. Then he pictured in his mind his ultimate leap into the air. The results speak for themselves. In 1981, Carl broke the indoor long jump world record. In 1983, he became the first athlete in nearly a century to win three events in the national championships. In 1984, he won four gold medals in the Olympics and was named "Male Athlete of the Year" by the Associated Press two years in a row. Since then, Carl Lewis has won even more world championship events. In 1996, he was the second athlete to ever win gold medals in the same event (the long jump) in four Olympics.

### **Discussion Questions:**

1. What is the importance of having a positive dream for your future? What are some of your dreams for your future?
2. What do you think are the main reasons people do not achieve their goals?
3. What can you learn from Carl Lewis' story that might help you?

\* Adapted from Klots (1995) except for information about his 1996 Olympic achievement.

# Long and Short-Term Goals

You may have a dream that seems impossible for you to ever reach. Instead of becoming discouraged, try to focus on what your first step might be. Next, try to accomplish that first step to the best of your abilities. Then, plan other steps you will need to take and accomplish them one at a time. Each of these steps is called a short-term goal. Remember, a mountain can only be climbed one step at a time.

## Long-Term Goals

Your dream is an accomplishment called a long-term goal. It may take you a long time before you finally reach it. What is a goal that you would like to accomplish:

- Within the next year? \_\_\_\_\_
- Within the next ten years? \_\_\_\_\_
- Within your lifetime? \_\_\_\_\_

## Short-Term Goals

Once you have developed some long-term goals, pick one to focus on first and plan the steps you will need to reach it. Then you will work to complete these steps, one at a time. Each of these steps is called a “short-term goal.” Choose one of the long-term goals you listed above and write it on the first line below. Then, list the steps or short-term goals you will need to reach on your way to achieving your long-term goal.

Long-Term Goal:

Step 1: \_\_\_\_\_

Step 2: \_\_\_\_\_

Step 3: \_\_\_\_\_

Other Steps? \_\_\_\_\_

\_\_\_\_\_

# More Challenging Goals

When planning a challenging goal, you may not be able to determine all the steps that you must take to achieve it. It is usually better to take more time to explore what makes it so challenging. Then, determine your first step and commit to a start date. One of the most difficult things to do in working toward a challenging goal is to take the first step.

Using the following three procedures, determine a goal and a first step, then commit to where and when you will take this first step.

1. On a separate piece of paper, write or draw something academically or personally that you would like to improve. (Some people express much more in a drawing.)
2. Decide on a “first step” you could take toward making the improvement. Write or draw yourself doing this step.
3. Commit to a day and time that you will take this “first step.” Write this commitment in a goal statement. For example, “At 4:30 today, I will start my social studies homework.”

## Optional Activities

1. Talk about times each of you succeeded in reaching your goals.
  - A. A success you remember having as a child.
  - B. A success you have had more recently.
  - C. A success you hope to have in the future.

Also discuss what is a success and what is a failure. Note that a failure to one might be a success to another person, and vice versa.

2. Keep a “Success Journal,” which is a diary-like booklet in which you will write about your successes as you achieve them. You could include a list of some of your greatest successes in a student Portfolio. Some things that might be included are:
  - A. “A brief description of a success and what I did that helped me to succeed (try to use some of your own personal strength words).”
  - B. “Something I learned about myself from this success.”
  - C. “How this successful experience felt to me.”

