

Activity 32

Get Ready! Get Set! Go!

Directions: Choose one of the long-term goals listed below that you would like to reach, or choose another goal that is particularly important to you and identify it on the line labeled *other*. Then answer the questions.

- greater self-control
- more positive self-image
- higher level of physical fitness
- better relationship with a family member
- better relationship with a friend
- more effective study habits
- other _____

1. Which long-term goal did you choose, and why is it important to you? _____

2. What short-term goals might you set now to help you meet that long-term goal?

a. _____

b. _____

c. _____

3. Are these short-term goals realistic? Why or why not? _____

4. Identify what resources are available to help you reach your goal, and explain how you might use them.

5. Picture yourself after you have reached your long-term goal. Describe how you feel about yourself and your success. _____

6. How might keeping that picture in mind help you to develop a positive attitude as you work toward your long-term goal? _____
