

## Goal Setting Part B

### Individual Assignment

Type out 2 short terms goals that can be accomplished this first trimester. They need to include the following:

1. The four step process
2. Why these goals are important to you.
3. Track your progress giving 2 periodic progress reports.

Due date for these 2 goals is Tuesday November 8, 2005

### Writing Assignments

1. Write about a time when you succeeded at something because you made it a goal and committed to it.
  - Describe what happened.
  - How did it make you feel?
2. Imagine that some day you will have children. Write a letter of advice for them to read when they reach the age you are right now. Tell them about the goals you had at this age, and what those goals did for you. Tell them about taking risks. And tell them how to deal with failure and disappointment so they won't be discouraged when things don't work out the way they want