

12 LIFE SKILLS – ASSIGNMENT

Session Two – Goal Setting

1. Look at your history of setting and reaching goals. Compare the way that you have worked on goals to the information in the video presentation and outline. How does that relate to your success or non-success?

2. Think of the categories in which you would like to set some goals, i.e. personal, relational, professional, financial, etc. When you have done that, go through the outline and see how your goals compare to the information and ingredients on this list.

3. Share your written goals with your support team or individuals. Look at the process pieces such as the use of community and structure and include them in your plan.

4. Discuss with your team the accountability methods you will use.