

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**THINGS THAT ARE IMPORTANT TO ME**Read the following list and check ( ✓ ) the **TOP 10 things** that are important to you.

✓

	Friends	to have close, supportive friends
	Hope	to maintain a positive and optimistic outlook
	Self-esteem	to like myself just as I am
	Achievement	to accomplish and achieve
	Comfort	to have a pleasant, enjoyable life
	Fame	to be known and recognized
	Humor	to see the humorous side of myself and the world
	Love	to be loved by those close to me
	Romance	to have intense, exciting love relationships
	Self-knowledge	to have a deep, honest understanding of myself
	Acceptance	to fit in with others
	Attractiveness	to be physically attractive
	Dependability	to be reliable and trustworthy
	Flexibility	to adjust to new or unusually situations easily
	Fun	to play and have fun
	Health	to be physically well and healthy
	Independence	to be free from dependence on others
	Leisure	to take time to relax and enjoy
	Loving	to give love to others
	Moderation	to avoid excesses and find a middle ground
	Monogamy	to have one close, loving relationship
	Pleasure	to feel good
	Popularity	to be well-liked by many people
	Self-control	to be disciplined and govern my own actions
	Sexuality	to have an active and satisfying sex life
	Wealth	to have plenty of money
	Contribution	to make a contribution that will endure
	Creativity	to have new and original ideas
	Faithfulness	to be loyal and reliable in relationships
	Family	to have a happy, loving family
	God's will	to seek and obey the will of God
	Inner peace	to experience personal peace
	Knowledge	to learn and possess valuable knowledge
	Orderliness	to have a life that is well-ordered and organized
	Realism	to see and act realistically and practically
	Safety	to be safe and secure
	Simplicity	to live life simply, with minimal needs
	Spirituality	to grow spiritually
	Tolerance	to accept and respect those different from me
	Accuracy	to be correct in my opinions and actions
	Adventure	to have new and exciting experiences
	Courtesy	to be polite and considerate to others
	Forgiveness	to be forgiving of others
	Industry	to work hard and well at my life tasks
	Logic	to live rationally and sensibly
	Stability	to have a life that stays fairly consistent

## TOP 10 WAYS OF ACHIEVING YOUR GOALS

- 1. Desire:** pick a goal that you really want to achieve.
- 2. Believe:** list the benefits that will come from achieving your goal--the more benefits, the more motivated and persistent you will be.
- 3. Benefits:** list the benefits that will come from achieving your goal--the more benefits, the more motivated and persistent you will be.
- 4. Obstacles:** identify some of the obstacles and think about how you are going to deal with them--there are always obstacles to achieving a worthwhile goal.
- 5. Knowledge:** find out what you need to know to achieve your goal.
- 6. People:** identify the people that can help you achieve your goal.
- 7. Current Status:** figure out where you are now on your way to achieve your goal--for example, if you want to improve your self-esteem, ask yourself, on a scale of 1 to 10, "Where am I now? What one small step can I take to move a little closer to my goal?"
- 8. Plan:** make a plan, break things down into small manageable steps, make the steps concrete and be willing to revise your plan. Remember, no first plan is perfect.
- 9. Timeline:** set an overall timeline for when you want to achieve your goal. Next think about how much time it will take to complete the first step.
- 10. Persistence:** keep in mind that mistakes and disappointments can occur, but that you can make it. It's not always smooth sailing to your goals.