



Name: _____ Date: _____ Period: _____

Reach for the Stars

Setting and Achieving Your Goals

Directions: Goals are things we want to accomplish and/or highly desire. Identifying our desires is the first action step in achieving a goal. This activity outlines step-by-step procedures for charting a course to accomplish goals. In essence, this activity is a road map to help guide you in setting goals. Keep in mind that there may be detours and delays along the way, but you must keep reaching for the stars as you travel toward your end result.

Step #1: Take 15 minutes to list goals you would like to achieve (include career, money, educational, family, social, community, physical, and spiritual goals). This is your “wish list” for your future.

	Rank	S/L
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____
8. _____	_____	_____
9. _____	_____	_____
10. _____	_____	_____
11. _____	_____	_____
12. _____	_____	_____
13. _____	_____	_____
14. _____	_____	_____
15. _____	_____	_____

Step #2: Review your list and ask yourself, “Which goal do I want to accomplish the most?” Also ask yourself, “Which goals would I feel most happy about accomplishing?” Rank your goals from 1 to 5 with 1 being the goal(s) that you most want to accomplish and 5 being the goal(s) that are of lesser importance to you. Write the numbers in the space to the right of your goal. Circle the number 1 beside the single goal that is the most important goal to you right now.

Step #3: Review your list once again. Determine a reasonable length of time it would reasonably take to achieve each goal. Write an “L” beside those goals that would take longer than twelve months to achieve. Write an “S” beside those goals that could be achieved in less than twelve months. We do this because goals can be broken into two groups: Long-Term Goals and Short-Term Goals.





Name: _____ Date: _____ Period: _____

Step #4: Next, prioritize your goals, separating the list into Short-Term and Long-Term goals. Write the short-term goals below, in the order of the ranking you assigned them in Step #2. For example, the goal that you labeled with an “S” that has the lowest number should go first in the list. Repeat for your long-term goals. Remember, all goals should be specific, measurable, time-bound and achievable. Reword your goal if necessary.

Short -Term Goals

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Long-Term Goals

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

