

How to SET GOALS

I was once told by a client that “Apaches” don’t set goals – that’s a white thing.

Group Discussion: Share your thoughts/feelings about this statement.

Why Set Goals:

1. You take control of your life.

- Goals give you direction and help you choose where to go in life.
- Goals help you create a dream or a “vision” of your ideal future and make it so.
- Goals help you improve your life and be a better YOU.

2. You focus on the important things.

- Goals help you to stay on track and focused on your target achievement.

3. You will make better decisions.

- Focus on your goals will help you avoid distractions and bad choices.

4. You will gain in self confidence and enthusiasm.

- You will be able to see your strengths in a new way.
- You will feel better about yourself.
- You will grow in believing in you – and others will too.

5. You will make progress – step by step.

- Success leads to success.

Steps to setting YOUR goals and achieving success in what you want.

1. Identify YOUR personal values and your “WHY” or purpose in life.

- I value _____
- I value _____
- I value _____

My “why” in life and in the specific things I do are:

- Examples:**
- I want to be a good mother/father to my kids.
 - I want to support my family.
 - I want to go to trade school for _____
 - I want to get a college degree.
 - I want my family to be proud of me.

What is/are YOUR goals or reason for being here?

- 1.
- 2.
- 3.

2. Write your GOALS down in your journal.

- If you don't write down your goals, they will only become dreams.

3. List the skills and knowledge required to reach your goals.

- Nothing happens by accident.
- You must plan and work toward achieving your goals.
- Pay Attention to what can stop you from achieving your goals.
These are called “barriers.”

4. What is your action plan? How are you going to achieve your goal?

- Be specific about WHEN, HOW, and WHAT.

Example:

Goal: I want to be able to support my family.

What Do I need to be able to do this?

- Sobriety
- GED
- Trade School
- College

Identify your barriers:

- **Example:**

- I'm a single parent, no one to help me.
- I get stressed out easily.
- I get anxious with tests.

Action Plan:

- Apply to Scholarship for GED by January 2021
- Attend 3 Sobriety Support Circles/week.
- Attend all classes and complete advisors work.
- Take RTC Elective groups such as Anxiety Management, Depression, Stress Management, etc.

My Personal Goal(s) work sheet:

Goal: _____

What skills and knowledge do I need to get?

Barriers to achieving my goal:

ACTION PLAN - this is specifically what I have to do to achieve my goal.

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