

# LINX EDUCATIONAL INSTRUCTOR'S GUIDE

## GOAL AWAY: SETTING AND ACHIEVING GOALS

### Activity 1: DREAM AWAY

Most people have dreams, some that may never happen, but many that CAN come true with a little effort and perseverance. List 5 DREAMS that you have for the next 1-5 years. These can be anything you wish would come true. Remember you're DREAMING!!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Place an 'X' beside the DREAMS that you really feel can come true.

Select and identify one DREAM and list the barriers that may keep you from realizing that dream.

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Write a paragraph that describes the action you could take to overcome these barriers to make this dream come true. Be creative in your answer.

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## Activity 2: GOAL AWAY- SETTING AND ACHIEVING GOALS

**Short-term goals** can be achieved in a few hours, days, and weeks. List 2 of your short-term goals; tell when you want to achieve them and what action you plan to take to make them happen.

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**Long-term goals** may take several months or even years to achieve. List 2 long-term goals; tell when you want to achieve them, what action you plan to take to make them happen and any barriers to keep you from achieving them.

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**Intermediate goals** are **sub-goals** to achieving long-term goals. They are like "steps" to achieving a bigger goal. For each long-term goal listed about, give one sub-goal that will help you accomplish the bigger goal. (For example, if a long-term goal is to get a degree from the local community college, a sub-goal may be to get a job to pay for tuition.)

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Place a **P** beside any goal that is PERSONAL  
Place a **C** beside any goal that is CAREER related  
Place an **F** beside any goal that is FINANCIAL  
Place a **PH** next to any goal that is PHYSICAL  
Place an **S** next to any goal that is SPIRITUAL

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## Activity 3: GOAL AWAY- TURNING DREAMS INTO REALITY

Goals should be measurable to know whether or not they have been achieved. For example, if a goal is to lose 4 pounds in a month, the MEASURE of achievement is to get on the scales at the end of the month to check the number of pounds lost.

1. For **one** of your short-term goals in Activity 2, describe how you will measure its achievement? How will you know it's a reality?

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Describe how you will overcome any barriers to achieving this one goal.

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2. For **one** of your long-term goals in Activity 2, describe how you will measure its achievement? How will you know it's a reality?

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Describe how you will overcome any barriers to achieving this one goal.

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3. For **one** of your intermediate goals in Activity 2, describe how you will measure its achievement? How will you know it's a reality?

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Describe how you will overcome any barriers to achieving this one goal.

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