

# Goals & Vision

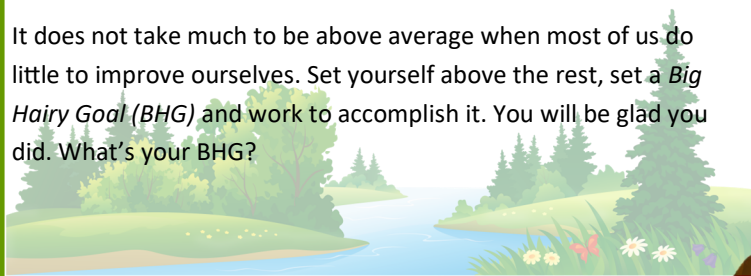
## Being Above Average

Did you know that less than 20% of people actually set any personal goals for themselves? That is 2 out of 10 people on average. So how does anyone get anything done? By accident.

Think about floating down a river. That is what most people are doing. They are floating down the "river of life" which is where their emotions and circumstances take them. So why are most people content with that rather than taking charge of their lives and setting amazing goals?

The reason is we all avoid pain. Thinking you failed is hard to handle. Rather than risk pain and succeed, we are more content to chalk it up to luck.

It does not take much to be above average when most of us do little to improve ourselves. Set yourself above the rest, set a *Big Hairy Goal (BHG)* and work to accomplish it. You will be glad you did. What's your BHG?



## No Where to Go

Imagine we are going to set off on a road trip and meet up some place along the way but did not set a destination or time to meet up. That would be silly. Yet many of us live life that way.

We have a general idea of what we might want but miss out on setting out the specifics. We use the image of a road map and compass to make the point of goal setting.

The map provides details of where we want to go and how we will get there. The compass tells us if we are on track. Setting good goals are sort of like that.

Why would you let your life be determined by chance?



## Evaluating Your Goals

What is one of your goals?

Why do you want to accomplish this particular goal?

What interferes with you reaching your goal?

What would happen if you do not accomplish your goal?

What would change for you if you accomplish your goal?

How willing are you to do the hard work to reach your goal?



MY FUTURE:  
→ my life

### Inside this issue:

Increasing your odds	2
SMART goals	2
But that failure thing!	2
Existing or living intentionally	3
Breaking the cycle	3
Your personal choice	4
Pre / Post Assessments	5
I will statements	5
What I Got From This Section	5

## Increasing Your Odds

The box on the previous page asks you a few questions about one of your goals. By answering those questions you are actually one step further to reaching your goal than someone else setting out on this journey.

There are several things we can learn from people who have accomplished their goals to increase the odds we can reach ours too. Here are a few of those.

- ◆ They are detailed in setting their goals. Using the SMART acronym, we can make our goals more detailed.
- ◆ They tell someone else their goal and setup a coach who will help keep them on track as well as people who will cheer them along.
- ◆ They write their goal down and track their progress.
- ◆ They identify obstacles and make back-up plans.
- ◆ They turn mistakes or setbacks into opportunities to keep going rather than stop.
- ◆ They pick goals that challenge them but not so much that it makes it discouraging.
- ◆ They replace the old behavior with an alternative activity such as chewing gum instead of smoking.
- ◆ They identify a solid reason why they want the goal so that it is important to them.



Using the S.M.A.R.T. example, we can change, "I want to lose weight" to, "I want to lose 20 pounds (2 pounds a week) over the course of ten weeks by cutting out soda pop, bread and pasta and walking 30 minutes at least five times a week". That is pretty specific.

It also provides a time table and ending point. It is relevant to my own diet and exercise regiment and is measurable and possible to attain.

How could you re-write the goal, "I want to learn to budget my money" using the S.M.A.R.T. example? Write it below.



## But That Failure Thing!

Did you know that all successful people failed multiple times? Think about some of these statistics before you give into fear of failure.

- JK Rowling was rejected by 12 publishers before Harry Potter was accepted.
- Walt Disney was turned down 302 times before getting money for Disneyland and fired from a newspaper for 'lacking imagination'.
- Dr. Seuss was rejected by 27 different publishers.
- Oprah Winfrey was demoted from her job as a news anchor because she "was not fit for television".
- Albert Einstein did not speak until he was 4 years old. His teachers said he would never amount to much.
- Steve Jobs was fired at age 30 from the company he started (Apple).
- Eminem unsuccessfully attempted suicide and struggled with drugs and poverty.
- Thomas Edison was told by a teacher he was, "too stupid to learn anything".
- Abraham Lincoln's fiancé died, he failed in business, had a nervous breakdown, was demoted in the war and lost 8 elections.
- Michael Jordan was cut from his high school basketball team. He went home and locked himself in his room and cried.
- Elvis was told by the Grand Ole Opry that he should return home and drive trucks because he lacked talent.
- Lucille Ball was urged to stop acting.
- Vincent Van Gogh only sold one painting while alive but his works are now worth hundreds of millions of dollars.
- Stephen Spielberg was rejected from a School of Theater.
- Babe Ruth had 714 home runs but held the record for strikeouts at 1,330. He had more failures than successes.
- Beethoven was told he was worthless as a composer but later composed 9 of the world's most beautiful symphonies.
- Steven King was rejected by 30 publishers.
- Sylvester Stallone broke, sold his dog, wrote a movie script that was rejected and eventually picked for \$25,000 up as Rocky.

## Existing or Living Intentionally

Taking an active role for your life is important for success. There is a large gap between just existing and living intentionally. One is letting life's circumstances and our emotions guide things for us. The other is taking charge, risking failure but most likely accomplishing things we never dreamed we were capable of. Look at some of the examples below to see which extreme you would prefer.

**Some People**.....**Others**

Go to work..... Build a career.

Have kids..... Create a family.

Send their kids to school..... Tell their kids how school is important for college.

Live in a community..... Are involved in a community.

Find themselves in a lifestyle..... Choose a lifestyle.

Cook meals for the family..... Consciously choose the way the family eats.

Live on auto-pilot during the day..... Live intentionally throughout the day.

Which end of the spectrum do you prefer and why?

## Breaking the Cycle

There is a high likelihood that we will repeat the cycles of dysfunction that we grow up with. Breaking that cycle takes intentional living and lots of hard work. Millions of people have done it. There is nothing that you are facing that will ever define you. Having extreme abuses and traumas will never stop you unless you allow it. Consider Michaela DePrince who was told at an orphanage that she was "the Devil's Child" because of the deformity of spots on her skin. Today she is a top ballerina and overcame all odds.

Some people think their mental illness defines who they are yet there are so many stories of people with mental illness that rose above what others expected of them. Leonardo da Vinci had dyslexia. Michelangelo suffered from OCD. Isaac Newton has bipolar disorder and depression as did Beethoven. President Lincoln suffered from depression and Edgar Allen Poe had depression and alcoholism. Elton John suffered from bulimia and famed Robin Williams suffered greatly from his depression but made countless laugh. Ben Stiller suffers from bipolar disorder while Leonardo DiCaprio struggles with OCD.

There are stories opposite of this too. People born into riches or making millions are known to fall apart into poverty all the time. Many of these people have everything offered to them but misuse it, leaving them empty-handed. So we are really unable to say that not having struggles would make life better.

Statistically speaking, those witnessing behaviors as children are on average 60% or more likely to repeat these behaviors than children who did not witness those behaviors. This includes smoking, drinking, substance abuse, abuse/neglect of others in the family, criminal behaviors, high school dropout, and more. Knowing the statistics are stacked against someone, it is more important than ever to provide services to end these cycles and teach practical skills. Above all else, engaging in strong community connections has been shown to be the most effective approach. This makes sense when we see that we repeat what we witness as it is our "normal". If we can relearn normal, we can change the course of generations.

When it comes down to it all that matters is how we manage our lives. Whether we have had a head start on the rest or experienced horrifying traumas, anyone can build themselves back up. It is important to grieve the losses but find the resolve to continue moving forward without repeating the dysfunction we have been a part of in our past.





## Your Personal Choice

So now you know the facts. Michael Jordan said in an interview that maybe it was his fault that people looked at him with the assumption that his wealth and career were just given to him. He explains that people did not see the hard work he put into it by practicing every single day. He ends the interview stating that maybe it is actually not his fault...maybe it is on-lookers making excuses.

# #ITSUP TO YOU

So you are faced with the question, what will you do with the unwritten pages of your story? Will you remain a victim to your trauma? Will you continue to be angry with the world who you see as responsible for your pain? Will you never trust because of the risk of pain involved? Will you not finish school because others seem to have it better?

do something **today**  
that your **future self**  
will thank you for

MotiveWeight

Or will you fight for your worth? Will you work for your future? Will you hold out for the right person who treats you with the honor and respect you deserve? Will you recognize your value? Will you find your passion and tap into the skills you're uniquely equipped with? Will you revisit your pain in order to end its impact on your emotions? Will you care about others even when you get nothing in return?

Name your goals. What do you want for yourself? You have the right to stay just the way you are and you have the right to change your circumstances. But whatever the results, remember it was your choice. No one else can take the credit or be blamed for your future.

**DO** something different  
to **HAVE** something different.

If you do the same things  
that you've always done  
you'll have the same  
things that you've always had.

MyNotes2Myself.tumblr.com

These are things I would like to see different in my life five years from now.

⇒

⇒

⇒

⇒

⇒

The things I am giving up in order to get there is:

⇒

⇒

⇒

⇒

⇒



Think of the tree as reflecting your results. The leaves of the tree are the reasons you are making change. One leaf might represent graduating. One might represent getting a job, etc.

The roots are the efforts you put into it. One root might be staying in class rather than quitting. Another root my represent changing your attitude or managing emotions. You get out of your efforts what you put into it. How would your tree look if nothing changes?



What is your 5-year plan? Will you coast along without a plan or will you intentionally move into your future? Write about yourself in five years.



## When Is It Enough?

Have you ever found yourself grumbling about something that you believe you don't have enough of? Maybe it is money. Maybe popularity. Think about those things that you might have thought, "If only I had more \_\_\_\_\_, then, I'd be happier". Write down anything that you can think of. The image below gives many examples that can help spark some ideas.

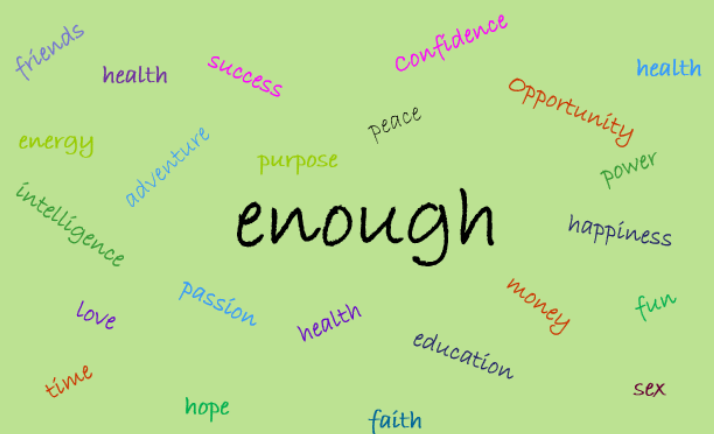
Our culture tends to look at things through a lens of deficits. This means we focus more on what we don't have rather than what we do have. It makes sense because we learned that our brains tend to go toward pessimistic thoughts rather than optimistic. Most of our thoughts during the day are negative in nature.

But is that thinking accurate? Maybe, like most lies, there is a sliver of truth to the thought. We take it as the truth but in reality it is not the whole truth nor does that kind of thinking remotely reflect truth. If I had "more" friends, then I'd be happy. Take a look at your "If only" list above. Challenge the thinking to see how much of the truth is really there or how often you are believing a lie.

The reality is that happiness (joy and satisfaction) is a state of mind. There is nothing in this world that will actually make you happier. It might temporarily give you some gratification. But real gratitude is something you work on.

Stop comparing yourself with others and be grateful for what you have. The grass isn't always greener on the other side.

## What is Enough?



From your list above, challenge your thinking on whether or not you REALLY have enough. Write your thoughts on the matter here and share with someone else.

Did you know that the poorest American is actually richer than the average person in the world? If your family income is \$10,000 a year, you are actually wealthier than 84% of the world. If it is \$50,000 or more, you make more than 99% of the world. Wow! Even in prisons, our inmates have more to be grateful for than many in the starving countries where famine and wars are a daily struggle.

Did you know that Americans tend to rate themselves as less happy even though we are one of the most free nations? Having many opportunities doesn't guarantee happiness. Learning to the balance between being content with what we have and working for more is helpful if you don't want to be unhappy or discontented with your lot in life.

***Look straight ahead and fix your eyes on what lies before you.***  
***Proverbs 4:25***

Directions:

- All questions are “behavior” based, meaning that you are rating yourself on what you “do” rather than what you “know”.
- Answer the questions below by rating yourself as follows:

0 - Does not apply to me at all.

2 - Applies to me often.

1 - Applies sometimes, but not often.

3 - I have this one down on a regular basis.

Check the boxes of the behavior you would like to work on during this section.

Pre		Post
	I intentionally live each day paying attention to my goals.	
	I have a plan for my goals and I follow it.	
	I have a coach or support person responsible for holding me accountable to my goals.	
	I do not let failure (perceived or real) get in my way. Instead I learn from those times.	
	I am actively breaking the cycle of my past. My choices are starting healthy and new outcomes.	
	I recognize that my emotions can take me off track. I focus on my goals so that does not happen.	
	I believe that I can make a difference in my life due to the goals I have set.	
	My life is improving because of the goals I have set and the work I have done.	
	I believe that I am worth fighting for. My future will be good.	

***“I Will” Statements***

To get closer to my Big Hairy Goal, “I Will” do the following:

◇

---

---

◇

---

---

◇

---

---

◇

---

---

***What I Got Out of This Section***

---

---

---

---

---

---

---

---

---

---