IT’S MY LIFE!
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• **Academic Goal**: A goal that relates to your education or training.

• **Career Preparation**: Core activities that help youth become prepared for a successful future in careers or postsecondary education institutions including career awareness activities that expose young people to information about the job market, job-related skills, the wide variety of jobs that exist and the education and training they require, as well as the work environment where they are performed.
• **Goal**: A statement of something a person wants or needs to do.

• **Lifestyle**: The typical way of life of an individual, group, or culture.

• **Long-term Goal**: A goal that will take more than a year to achieve.

• **Personal Goal**: A goal that is related to your individual interests.
**Priorities**: Something given or meriting attention before competing alternatives.

**Realism**: Concern for fact or reality and rejection of the impractical and visionary.

**Short-term Goal**: A goal that can be achieved within a year.

**Values**: Relative worth, utility, or importance.
LONG TERM VS. SHORT TERM GOALS

• **SHORT TERM GOAL:** A goal that can be achieved within a year. Ex: study for a test, finish an essay, do chores, plan for the summer *CAN BE A STEPPING STONE FOR A LONG-TERM GOAL*

• **LONG TERM GOAL:** A goal that will take more than a year to achieve. Ex: go to college, save for your dream car
• Jot down 3 short-term goals and 3 long-term goals

• Make at least 1 short-term goal lead to a long-term goal

• Share your goals with a partner
  – Answer the following:
    • Do the goals fit in the right categories?
    • Are the goals realistic? Why or why not?
    • If not, what can be done to make the goal(s) realistic?
In order to **reach** your goals, you must **believe** in yourself!
• Write down a list of things you think you cannot do.

• Then, cross out “I cannot” and write “I can”
  – Ex: I Cannot I can be a great cook!
  – Ex: I Cannot I can run a marathon!
  – Ex: I Cannot I can ace the math test!
• Always work toward your goal! If not, you’re working against your goal.
• Believe in yourself!
• There will always be obstacles! The way to determine success is by the way you handle them!
INDIVIDUALS WHO OVERCAME ADVERSITY

Celebrity
Thomas Edison
Edgar Allan Poe
Helen Keller
Albert Einstein
Beethoven
Stevie Wonder
Maya Angelou
Oprah Winfrey
Julius Caesar
Johann Sebastian Bach
INDIVIDUALS WHO OVERCAME ADVERSITY

**Celebrity**
- Thomas Edison
- Edgar Allan Poe
- Helen Keller
- Albert Einstein
- Beethoven
- Stevie Wonder
- Maya Angelou
- Julius Caesar
- Johann Sebastian Bach

**Obstacle**
- ADHD
- Death of loved ones
- Deaf and blind
- Dyslexia
- Deaf
- Blind
- Molestation
- Epilepsy
- Orphaned at age 8
• Academic – relates to your education and training
• Personal – relates to your individual interests
My Personal Timeline

Date of your birth

10 significant life events

Where you are today

Date of your birth

10 significant life events

Where you are today
My 8 Year Plan
My Eight Year Plan

Where I am now

Date of your birth

Where I see myself in 8 years

Where I see myself in 8 years
Questions?
RESOURCES AND REFERENCES

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