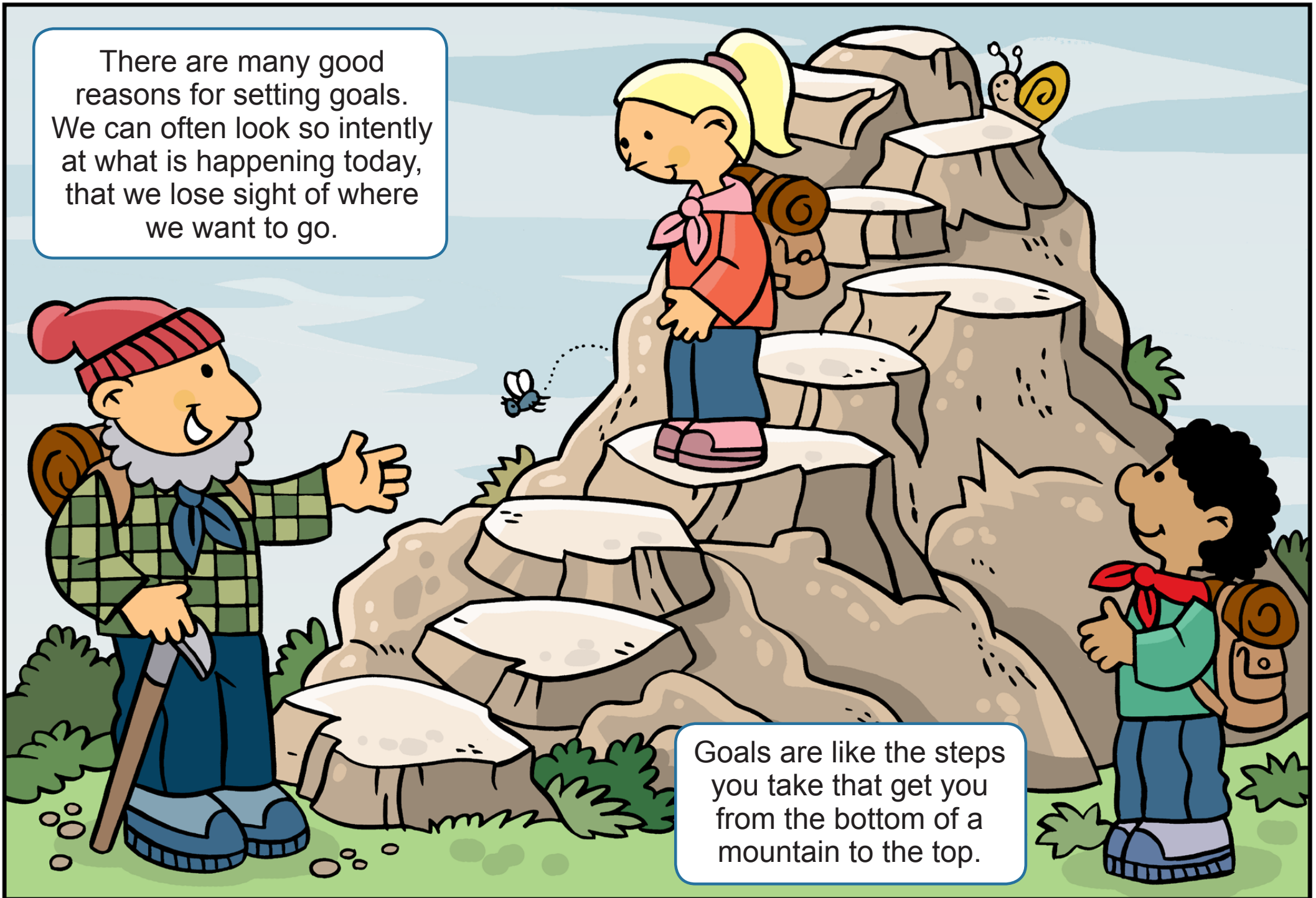


# Setting Goals

- ☐ Goal 1
- ☐ Goal 2
- ☐ Goal 3
- ☐ Goal 4
- ☐ Goal 5



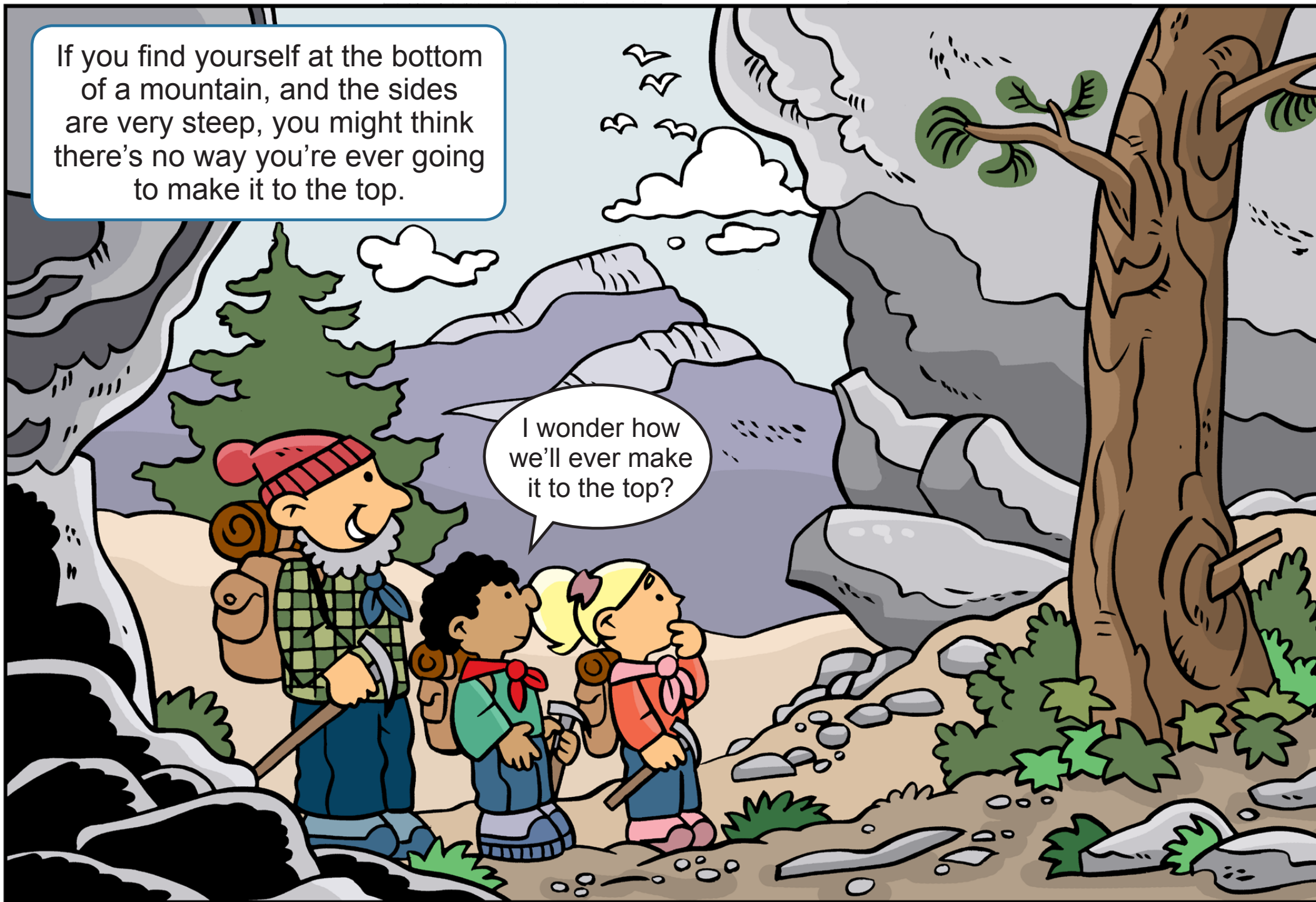
There are many good reasons for setting goals. We can often look so intently at what is happening today, that we lose sight of where we want to go.



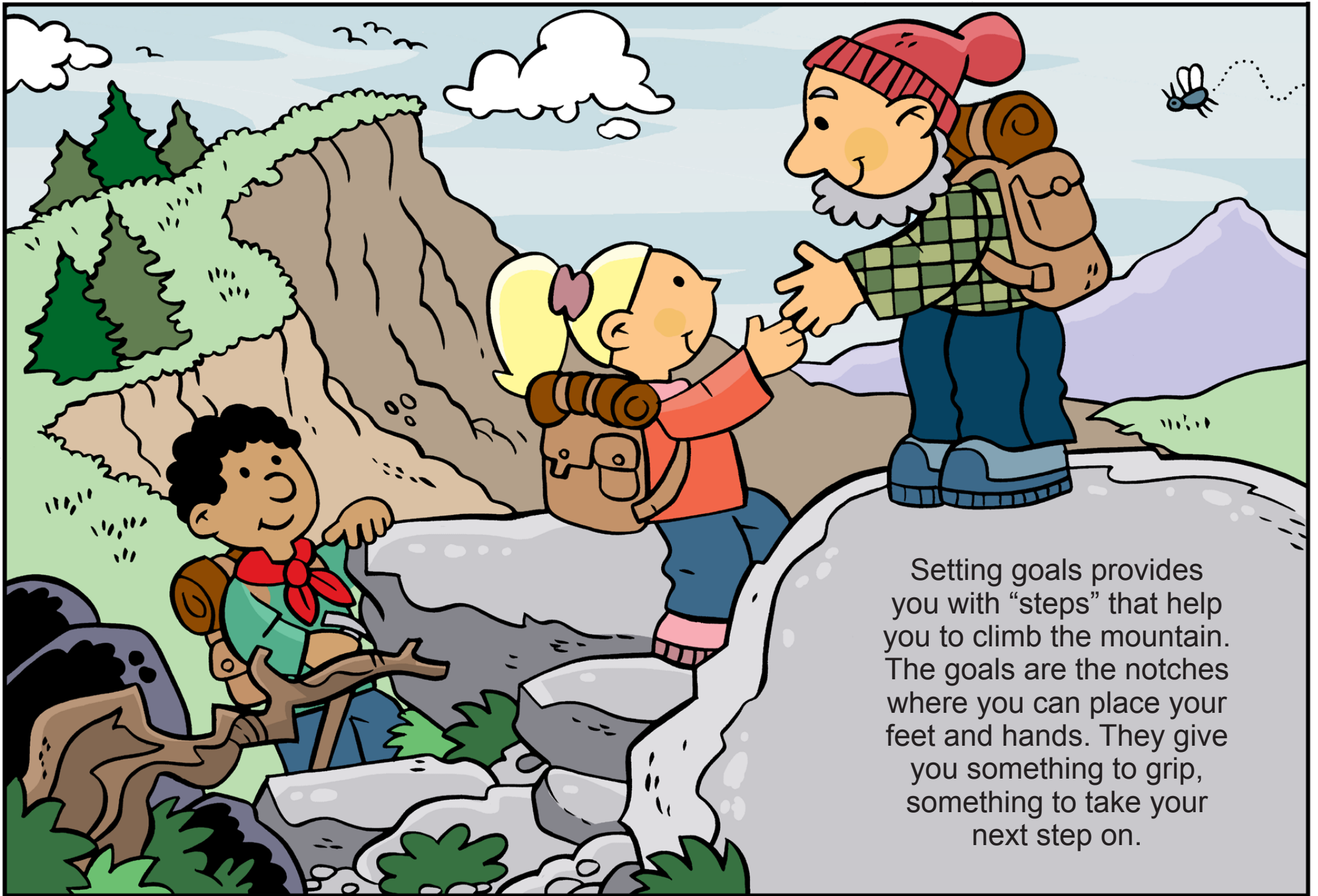
Goals are like the steps you take that get you from the bottom of a mountain to the top.

If you find yourself at the bottom of a mountain, and the sides are very steep, you might think there's no way you're ever going to make it to the top.

I wonder how we'll ever make it to the top?







Setting goals provides you with “steps” that help you to climb the mountain. The goals are the notches where you can place your feet and hands. They give you something to grip, something to take your next step on.



You don't have to  
do it all at once. All  
you have to look  
at is the next step  
ahead of you.

You just have to have the  
perseverance to make it  
to your next goal.





The next goal is within your reach, though sometimes you have to stretch a little to reach it.





Setting a small, reachable goal is one way you can methodically get past challenges you face. It's also a way to learn new skills a little bit at a time, by putting the next challenge you face on a level you can reach.



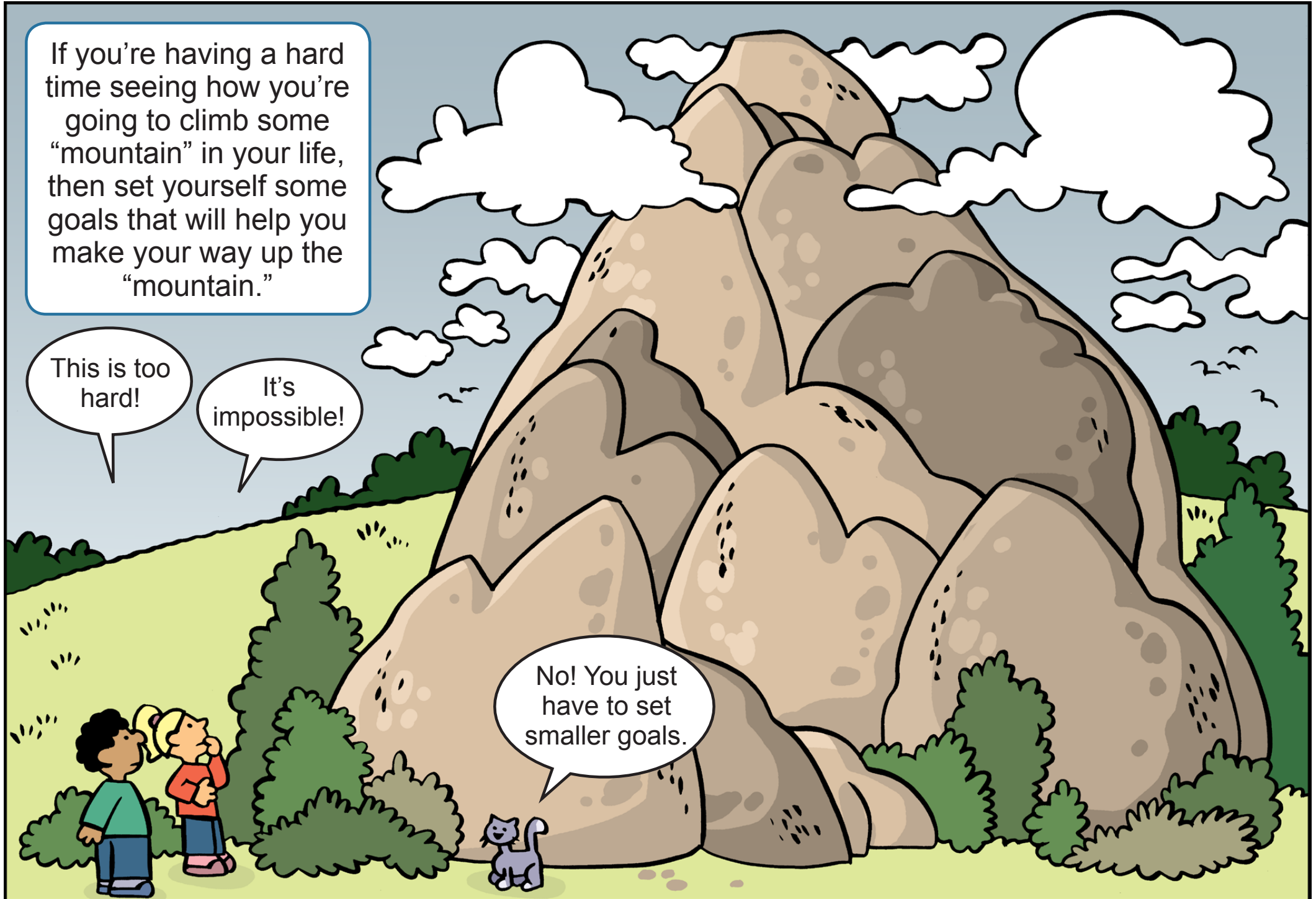


If you're having a hard time seeing how you're going to climb some "mountain" in your life, then set yourself some goals that will help you make your way up the "mountain."

This is too hard!


It's impossible!

No! You just have to set smaller goals.



Don't worry about reaching the top all in one jump. That's impossible to do. Instead take it one step at a time, and before long you will have triumphed!






Would you like me to help you memorize this poem for school?

But it's so long, Daddy!

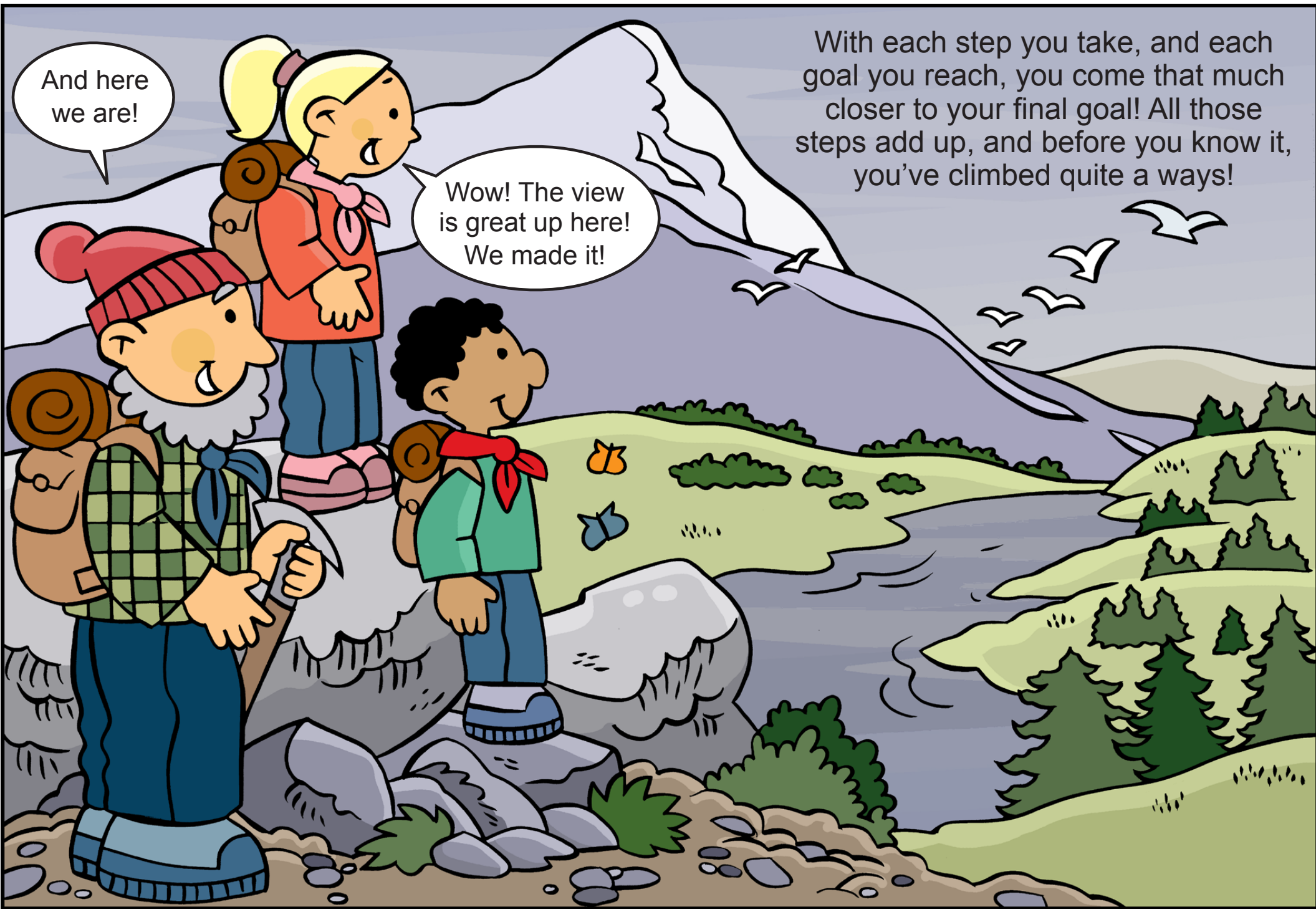


We can work on one stanza at a time, and soon you'll have the whole poem memorized.



I'm reading a chapter a day, so I can do a book report on it at the end of the month.

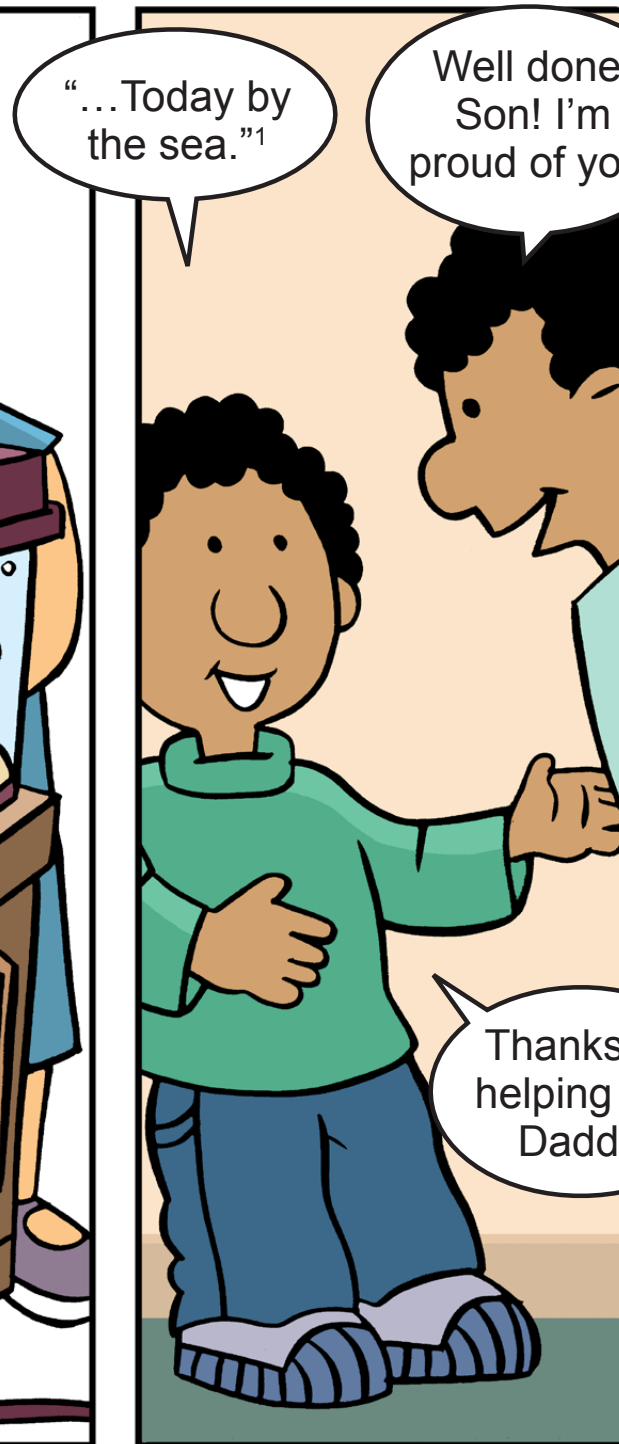




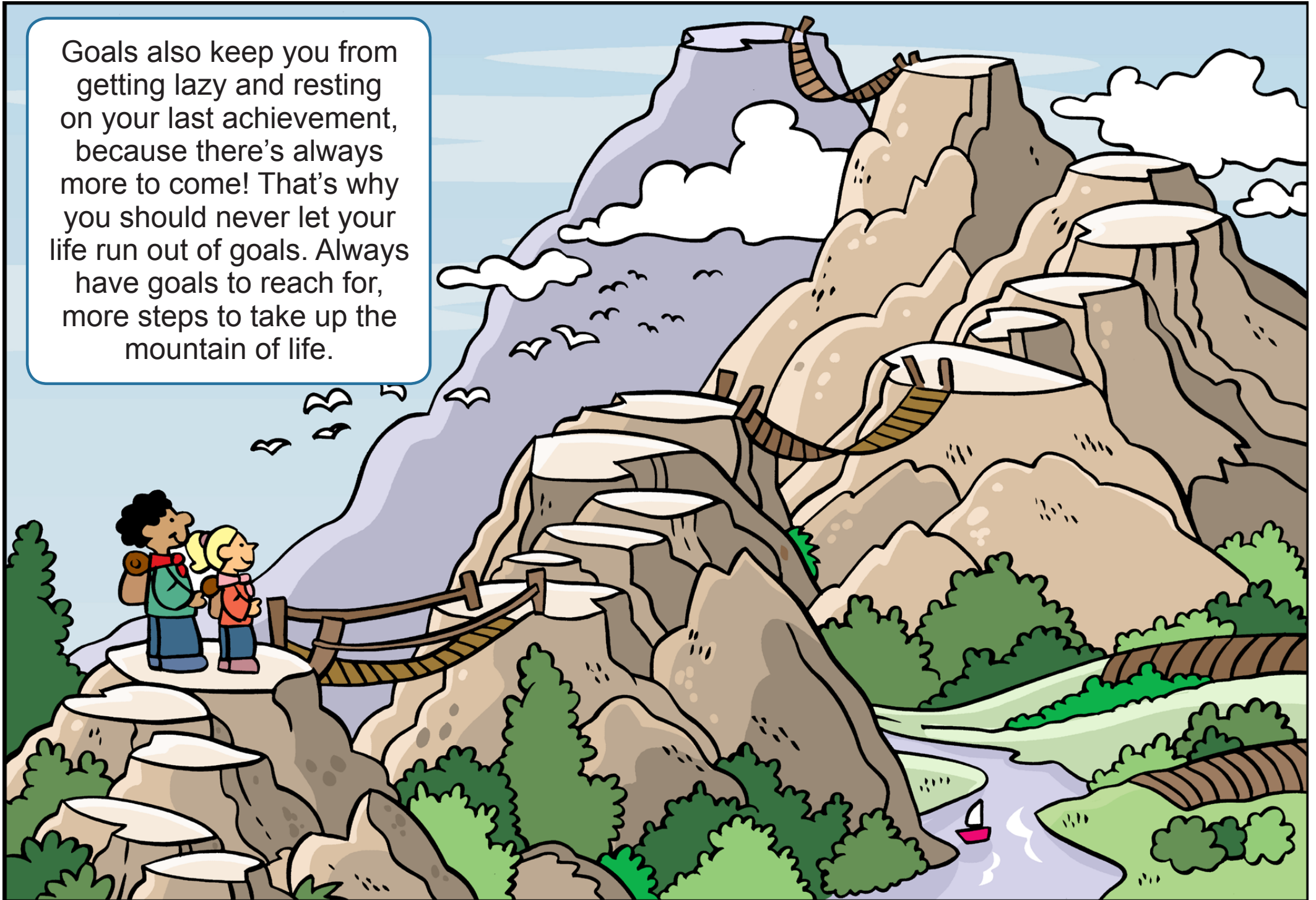
And here we are!

Wow! The view is great up here! We made it!

With each step you take, and each goal you reach, you come that much closer to your final goal! All those steps add up, and before you know it, you've climbed quite a ways!



Goals also keep you from getting lazy and resting on your last achievement, because there's always more to come! That's why you should never let your life run out of goals. Always have goals to reach for, more steps to take up the mountain of life.





Do you want to make the best use of your time, to progress and prepare as best you can? Then set some goals to help yourself!

What's your next major "mountain" challenge in life? Break up the climb into little steps that are easier to reach.



**S&S link:** Character building: Personal Responsibility: Perseverance-1c

*Contributed by Christi S. Lynch, adapted from the writings of Peter Amsterdam. Illustrations by Didier Martin. Design by Christia Copeland.*

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# Goal Chart

1. Print a copy of this poster.
  2. Set a personal goal and write it on the flag.
  3. Break your goal into steps (smaller goals) and write each goal on a stone going up the mountain.
  4. Color each step (stone) as you reach that smaller goal.
- Happy Mountain Climbing!



# Goal Chart

1. Print and color a copy of this poster.
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