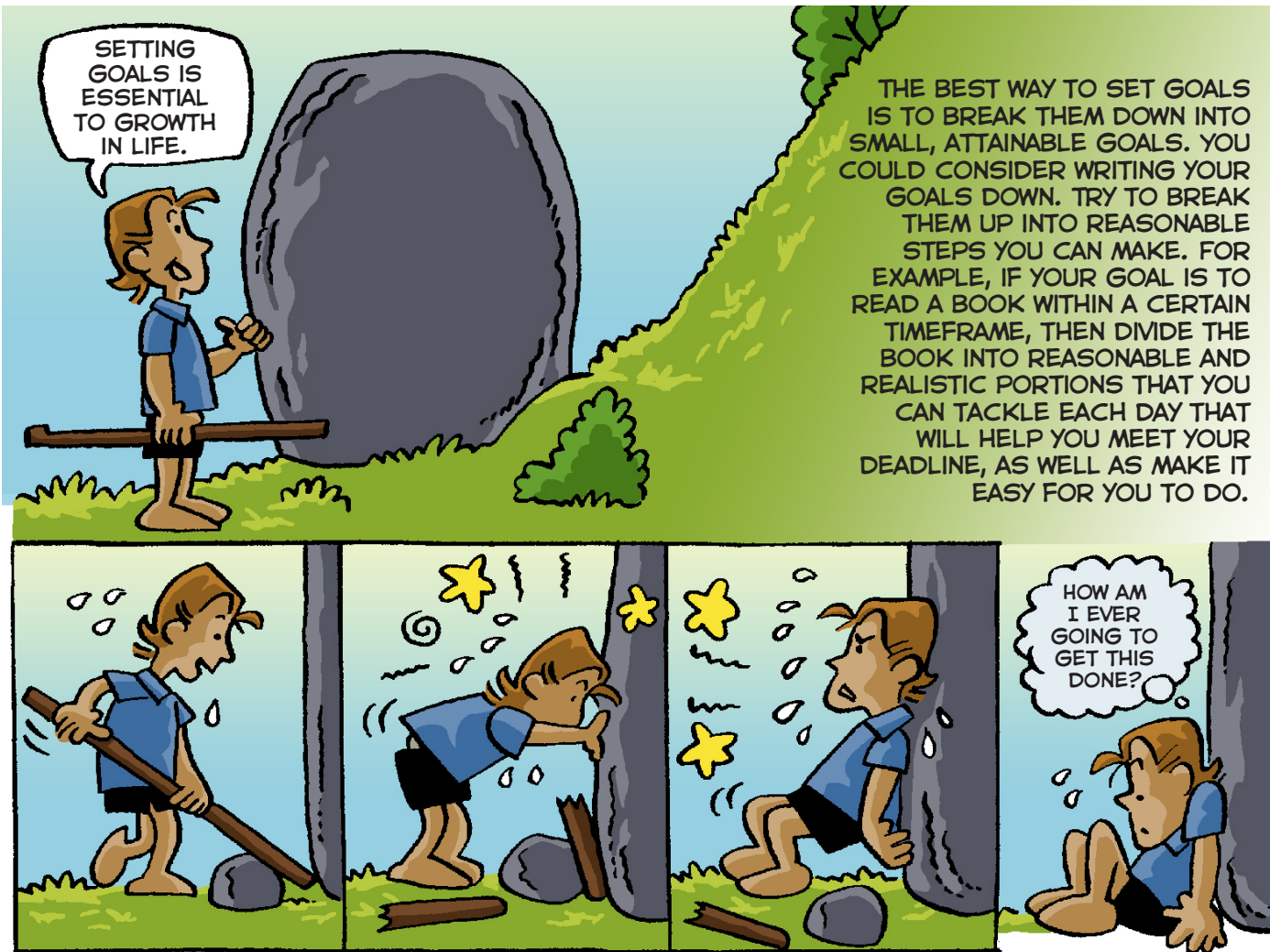


THE IMPORTANCE OF GOALS

YOU CAN COMPARE GOAL-SETTING TO PLAYING A SPORT. PLAYING SPORTS CAN BE FUN, BUT THERE ARE ALSO CHALLENGES THAT YOU WILL ENCOUNTER IN ANY GAME. YOU WILL NEED TO STRATEGIZE THE BEST POSSIBLE WAY TO WIN THE GAME. IF IT'S A TEAM GAME, YOU NEED TO CONSIDER YOUR TEAMMATES AND HOW YOU CAN WORK TOGETHER TO SUCCEED. THEN COMES THE ACTUAL GAME PLAY—MAKING YOUR GOALS A REALITY.

WHEN YOU SET GOALS, IT HELPS YOU TO STAY FOCUSED ON THE THINGS THAT NEED TO GET DONE. IT'S IMPORTANT TO KNOW THAT SETTING GOALS DOESN'T HAVE TO BE SOMETHING DIFFICULT OR BORING. IT TAKES PERSISTENCE AND WORK, BUT YOU CAN ALSO MAKE GOAL-SETTING FUN.



IT'S TOTALLY ACCEPTABLE TO FEEL GOOD WHEN YOU HAVE SUCCEEDED IN FULFILLING YOUR GOALS. IF YOU HAVE SOME BIGGER AND MORE PERSONAL GOALS, DISCUSS WITH YOUR PARENTS WAYS YOU CAN CELEBRATE ONCE YOU'VE SUCCEEDED. AT THE SAME TIME, DON'T BE DISCOURAGED IF YOU DON'T MEET YOUR GOAL. GET UP AND TRY AGAIN, BECAUSE THAT'S WHAT IT OFTEN TAKES TO REACH OUR OBJECTIVES IN LIFE, AND ONCE YOU REACH THAT GOAL, YOU'LL FIND IT WELL WORTH IT!

