

Discovering Life Skills

Chapter 6: Goals and Decision Making

Chapter Summary

Goals are essential for success in life. A goal is something you want to achieve. When you set goals, you need to make sure that they are realistic. Goal setting requires planning and a positive attitude. Some goals will be more important to you than others. As you experience success in reaching your goals, you can feel good about yourself.

Decision making is an important part of daily life. Sometimes you make decisions by responding to something that has happened. Other times you make decisions based on what you have already planned or considered. The decisions you make now can affect the choices you have in the future. Learning to make responsible decisions can give you a sense of control over your life.