

# Activity 32

## Get Ready! Get Set! Go!

**Directions:** Choose one of the long-term goals listed below that you would like to reach, or choose another goal that is particularly important to you and identify it on the line labeled *other*. Then answer the questions.

- greater self-control
- more positive self-image
- higher level of physical fitness
- better relationship with a family member
- better relationship with a friend
- more effective study habits
- other \_\_\_\_\_

1. Which long-term goal did you choose, and why is it important to you? \_\_\_\_\_

\_\_\_\_\_

2. What short-term goals might you set now to help you meet that long-term goal?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

3. Are these short-term goals realistic? Why or why not? \_\_\_\_\_

\_\_\_\_\_

4. Identify what resources are available to help you reach your goal, and explain how you might use them.

\_\_\_\_\_

\_\_\_\_\_

5. Picture yourself after you have reached your long-term goal. Describe how you feel about yourself and your success. \_\_\_\_\_

\_\_\_\_\_

6. How might keeping that picture in mind help you to develop a positive attitude as you work toward your long-term goal? \_\_\_\_\_

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