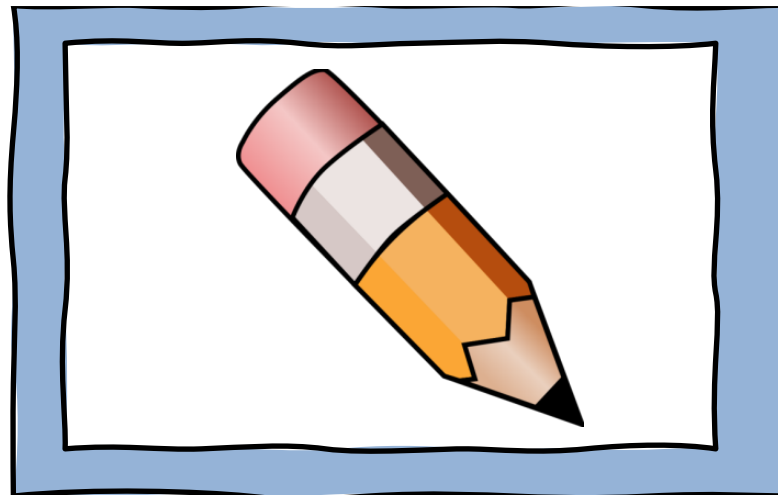


My New Story

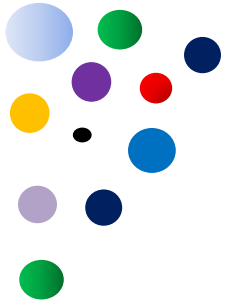
Goal Setting

Quick Tips



Helping Adults, Kids and Teens Envision Their Dreams

Goal Setting Innovation, Using Imagination

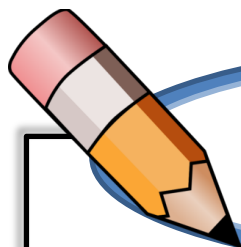


TOP 10
Goal
Setting
Quick Tips

1. *CHOOSE:* Pick goals that light you up and bring an element of excitement.
2. *WRITE:* Writing down your goals makes you 43% more likely to achieve them. Write your goals starting with, “I AM” instead of “I WILL” and use specific details. The more you write, the better, so make repeating statements about your goals each day.
3. *ASK:* “WHY?” - Knowing why you want to achieve these goals will motivate you and ensure that you have the right intentions.
4. *IMAGINE:* Visualize yourself accomplishing your goals whenever possible. Use all 5 senses to imagine what it feels like.
5. *BE OPEN:* Be you. Be gentle on yourself and flexible with your plan. Ask yourself, “who do I need to be to meet my goals?” Kind, organized, honest, willing, persistent? The answer should highlight the good qualities in you along with attributes that will help you be your best.
6. *SETTING:* Add things to your room or reorganize your environment in a new way that inspires you to make each dream come true.
7. *ACT:* Do one little thing each day to get you closer to your goal. No act is too small.
8. *LOOK:* Find someone you trust that can help you accomplish your goals.
9. *CELEBRATE:* Each week, make time to celebrate the big and little things that you feel proud of. This includes any new feelings, attitudes or actions that got you closer to your mark.
10. *CREATE:* Turn your goals into a story with an epic plot! Revise and edit your old thoughts and beliefs that may be getting in the way.

Let's get started!





Old Story

The thoughts we think can impact how we feel about ourselves and what we can accomplish. What are some thoughts or words you've said or heard from others that make you feel like you're not good enough?

Examples:

- 1. *Teachers don't like me.*
- 2. *I'm not good at math.*
- 3. *It's too hard.*
- 4. *I'm not _____ (fast, pretty, old) enough to do that.*



New Story

Creating a new story means having new ways to talk, think and act toward yourself. For every line in your old story, create at least one thought that will help you feel better and make a new story for yourself this year.

Examples:

- 1. **Old Story:** *I'm not good at math.*
New Story: *Math gets easier each time I try. I am smart, persistent and ask for help when I need it.*
- 2. **Old Story:** *It's too hard.*
New Story: *I can do hard things and no matter what, I'll be okay.*

Be sure to download the full "New Story Book" and "New Story Vision Board" activities in January to help you open up new chapters and illustrate your new story this year!