

Goal Setting

Discover What you need to work on

Ask questions like the following:

- What do I feel I should learn or change in my life?
- What talents or skills do I want to gain?
- What habits do I need to develop or improve?
- Who can I serve?

Plan how you will do it

Ask questions like the following:

- Why is this important to me?
- How will this help me become a better me?
- What actions can I take to do this?
- Can I break these actions into smaller steps?
- What plans can I make now to overcome challenges I may Face?

Act on your plan

Make reminders to help you stay focused. Touch points

If you get stuck, ask questions like:

- What has worked? Why?
- What has not worked? Why not?
- What else can I try?
- Where can I get more ideas?
- Can I break my goal into smaller steps or actions?
- How can I learn from setbacks?

Reflect on what you have learned

While working on your goal reflect on it and how you are feeling, what you have learned and write it down.

Ask questions like:

- How have I grown?
- How can I use what I've learned to serve others?
- How can I continue growing in this area?

Set a goal in one of these areas:

1. Life Skills
2. Education / employment
3. Community involvement
4. Healthy Relationships

Ideas of goals in each area

1. Life Skills
 - Learn first-aid and outdoor survival
 - Learn to safely use basic garden and home tools
 - Learn money management skills
 - Learn how to cook a meal
 - Learn how to make a menu and meal prep
 - Learn how to do laundry
 - Improve your reading and writing skills
- 2.
3. Education/employment
 - Learn about something you are interested in
 - Learn basic job skills
 - Find out what you need to do to get a good job, and start working towards it
 - Find out how to apply for collage or other higher education learning
 - Learn a new language
 - Develop good study habits
4. Community Involvement
 - Attend cultural events
 - Volunteer at the nursing home or senior center
 - Join a club or a team
 - Find ways for care for others in need
 - Learn about what businesses are in your community and how you can help
5. Healthy Relationships
 - Learn to listen well and express ideas clearly
 - Spend quality time with family
 - Prepare to be a spouse and parent
 - Learn to apologize. Learn to forgive
 - Speak and act kindly, and avoid gossip
 - Learn what it takes to be a good friend

More ideas under mentoring resources on our website di-ucw.org.