

A never-ending journey.

The most successful people in the world don't stop when they achieve a goal—they simply move on to the next one. Whether it's in sports, science, the arts or any other part of life, those who continue to push themselves and set newer and better goals are the ones who get things done. So you think about what you want to do, and how you're going to get there. And then show the world you can do it.



corelife
BUILD YOURSELF STRONG

SETTING GOALS:

How to Make a Dream Come True.

GOAL

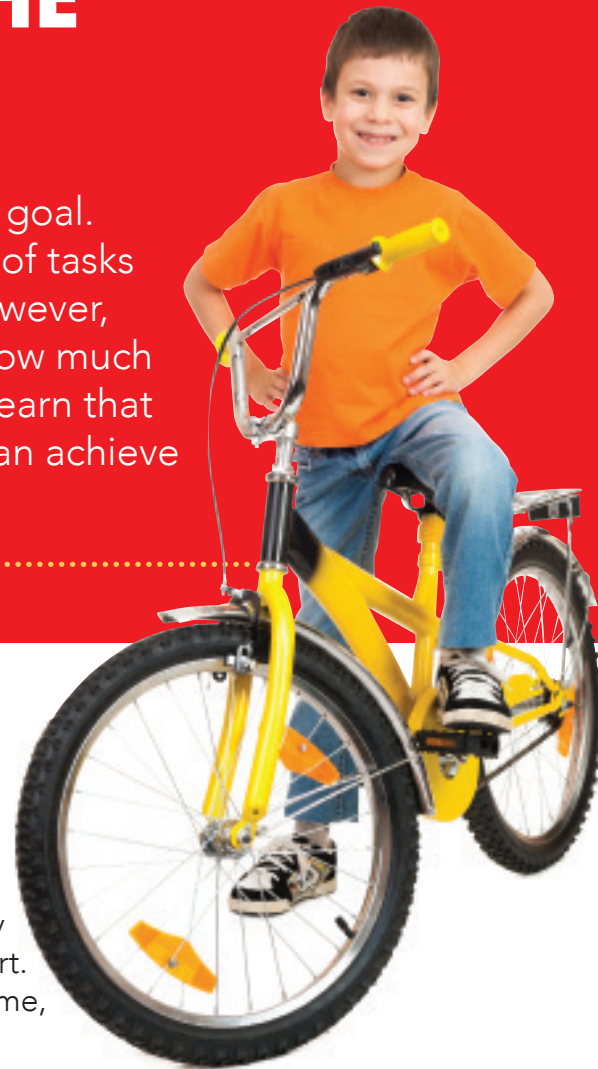
(noun) A purpose or objective that one strives to achieve.

OK, so what exactly does that mean? A goal is something we want enough that we make a real effort to reach it. But it's more than just that.



WANTS ARE NOT THE SAME AS GOALS.

Sure, you might want a new bike. But that's not a goal. It's just a *thing* you want. A goal involves a series of tasks that lead to a personal achievement. You can, however, have a goal of *getting* that bike. You figure out how much money it will cost, and what you'll need to do to earn that money. Once you've worked hard enough, you can achieve your goal of getting that new bike.



One step at a time.

You can have goals in all sizes. Some you can reach quickly; others may take years. When you're trying to accomplish something really big, it helps to break it down into a series of smaller goals. Say, for example, you want to learn how to play the piano. Your ultimate goal might be to perform at a concert. But your first goal should be mastering the basics, one at a time, and moving on to more and more challenging steps.

Take a minute to list three goals here:

- 1 _____
- 2 _____
- 3 _____

Now think about the biggest goal you wrote down, and explain some of the steps you'll need to accomplish it:

Mistakes are part of the process.

Reaching a goal isn't always about success. Very often, it's about working through failure. You've probably heard this before, but sometimes it's just as important to learn what not to do. The great inventor Thomas Edison failed over 1,600 times before he made the first successful light bulb. He had a goal and he was determined to reach it no matter what. Think how different our world would be today if he had given up after the first few tries.



Write a brief story about a time you reached a goal even after failing the first few times.

