

Setting Goals

I want to make the following changes in my life:

I am going to take the following steps to make the changes above:

I am going to take avoid the following things/activities that interfere with my plan to change

Setting Goals

It is extremely important to have goals in your life and a plan to achieve those goals. If you do not have any goals, you will wander through life aimlessly. Every person's goals may be different. Some people desire to achieve deep, meaningful relationships with other people while some focus on health and happiness.

Achieving the things that you really desire is not an accident. You must **PLAN** to succeed or you will not! Seldom do wonderful things fall into our laps. We must work to achieve those things. That will require focus and dedication. For example, if you wish to grow closer to God, then you will need to commit time to reading your bible and praying. The more you do these things, the more you will grow in your relationship with Him.

Quitting drugs/alcohol will also require a plan. You must establish specific goals and commit to achieving those goals. You will also need to identify things that you should avoid because they interfere with your ability to reach your intended goals.

As you work through this exercise, remember that only you can truly identify those goals that are important to you. This exercise is for you alone. Once you identify your goals and a means of achieving them, stick to it!