"To make a great dream come true, the first requirement is a great capacity to *dream*; the second is *persistence.*"

- Cesar Chavez

Student Goal Book
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"Stay focused, go after your dreams and keep moving toward your goals."

- LL Cool J
This book belongs to:

Name:
TIPS for achieving your goals

• write it down
• break it down
• hold yourself accountable
• reward yourself
• share your goals with people who will help and encourage you
• develop good habits
Write or draw what you believe you are capable of doing in your life
ACTIVITY 1

Write or draw the greatest things you could accomplish given the right circumstances, resources and motivation
ACTIVITY 1

This is where I see myself/my life when I am 40 years old
My dream is:
EXAMPLES: Word Cloud and Collage
EXAMPLES: Life Book, Acrostic Poem, Song Lyrics

- **Life Book**
- **Acrostic Poem**
- **Song Lyrics**

**8-page life book**

 acrostic

**P - Pride in Your Work**
**O - Outstanding Effort**
**W - Winning Attitude**
**E - Ethical Behavior**
**R - Respecting Others**

Every step i'm taking, every move
i make feels lost with no direction.
    My faith is shaking.
    But i got to be strong.
    Got to get my head held high.

song lyrics
Documenting My Vision
“A dream written down with a date becomes a goal. A goal broken down into steps becomes a plan. A plan backed by action becomes a reality.”

-Greg Reid
Setting Short-, Medium-, and Long-term Goals

- **Short-term goals** are things that you might want or have to do today, tomorrow, or within the next few weeks. They are things that you need to do **SOON**.

- **Medium-term goals** are things that you want or have to do in the next few months or within the year. They are things you need to do **A LITTLE LATER**.

- **Long-term goals** are things you want or have to do later on in life, whether it is next year, 10 years from now, or even longer without a specific end date. They are things you do **MUCH LATER**.
My Long-Term Goal Is:

________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________

Short-term:  

________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________

Medium-term:  

________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________
Activity 4:

I WILL _______________________

BECAUSE I KNOW THAT EVEN IF I DON'T GET IT AT FIRST, BY TRYING AGAIN I WILL LEARN AND GROW STRONGER
ACTIVITY 4

Helpers

Setbacks

*  
*  
*  
*  
*
What is not in my control?

What is in my control?
Benjamin Franklin said, "Fail to plan and plan to fail."

- What is the message of this quote?
- How would you use this advice?
- What do you want to remember after reading this?
Michael Jordan wrote a book called *I Can't Accept Not Trying: Michael Jordan on the Pursuit of Excellence* in which he talks about how important setting goals has been to his success:

"I approach everything step-by-step. I had always set short-term goals. As I look back, each one of the steps or successes led to the next one. When I got cut from the varsity team as a sophomore in high school, I learned something. I knew I never wanted to feel that bad again. So I set a goal of becoming a starter on the varsity. That's what I focused on all summer. When I worked on my game, that's what I thought about. When it happened, I set another goal, a reasonable, manageable goal that I could realistically achieve if I worked hard enough. I guess I approached it with the end in mind. I knew exactly where I wanted to go, and I focused on getting there. As I reached those goals, they built on one another. I gained a little confidence every time I came through.

If your goal is to become a doctor and you're getting Cs in biology then the first thing you have to do is get Bs in biology and then As. You have to perfect the first step and then move on to chemistry or physics. Take those small steps. Otherwise you're opening yourself up to all kinds of frustration. Where would your confidence come from if the only measure of success was becoming a doctor? If you tried as hard as you could and didn't become a doctor, would that mean your whole life was a failure? Of course not. All those steps are like pieces of a puzzle. They all come together to form a picture. Not everyone is going to be the greatest but you can still be considered a success. Step by step, I can't see any other way of accomplishing anything."
0 What is the message or lesson of this reading?

0 What are the most important messages of this reading?

0 What do you want to remember after reading this?
It is important to have a vision of what you want out of your life.

A vision without a plan is just a dream, but a vision with a plan is a goal.

There is a long-term goal and it takes achieving short-term and medium-term goals to get there.

Circumstances inevitably change. That may require a detour from the original path, creating a new path, or clearing whatever those blocks are out of the way to be able to move forward.

You are worth the hard work and there are people and things out there to help you along the way.
“Setting goals is the first step in turning the invisible into the visible.”

-Tony Robbins
Making a Plan

My long-term goal is: __________________________________________

Look at your goal and think about the following questions:
1. How will you know when this goal is complete? [Imagine that you have already completed it. What do you have in your hands? What can you do? How can you show someone else that you have met your goal?]

2. How will you feel when this goal is complete?

3. What will achieving this goal do for you?

4. What will you be able to do next?

Work backwards:
5. What will you have to do right before you meet your goal? And before that? And before that?

If you get stuck working backwards, start working forwards from where you are now:
6. Can you meet your pathway in the middle?

Look at the steps to meet your goal:
7. Do you need to do them in order?

8. Will you work on several steps at once?

9. Are there steps that need to be repeated many times?
ACTIVITY 6

Activity 6: Planning Step

- Step 1
- Step 2
- Step 3
- Step 4
- Step 5
## Sticker Chart

### GOAL:

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When I completely fill in this chart, I will:
To Do List

GOAL:

1.

2.

3.

4.

5.

6.

7.

8.
ACTIVITY 6

Tangram
## OSY Personal Learning Plan – Student Version

<table>
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<tr>
<th>Student Name:</th>
<th>Service Provider(s):</th>
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<td>Goal Timeline:</td>
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**My Goal:** 

**Step 1:**

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<tr>
<th>What do I know/have?</th>
<th>What do I need to know/have?</th>
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<th>What should I do?</th>
<th>Who do I need help from and why?</th>
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**Step 2:**

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**Step 3:**

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Break It Down

Action Items

Who or what can help or support this action?

When will I complete this?

Additional Notes
Set Timeline Goals

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<th>YEAR</th>
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<td>SATURDAY</td>
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Gladys Santos Hueto is a migrant worker in Vermont and a New England HEP student who completed her exam for her GED and used this letter as part of her application to a community college. As a result, she was accepted to study there and provided with financial assistance.

Dear Door,
You will ask yourself
Who am I? or Who knocks on the door?
I'm Gladys Santos Hueto.
I am a woman, I am a wife, I am a mother, I am an immigrant.
I am an individual who lives in freedom and every day is in search of happiness,
giving the best of herself to her family and society, even if she does not receive the same treatment in return.
I am touching the door of opportunity, waiting for it to be ready to open,
I am ready to give the best of my effort and my vigor.
My hands are eager for constant effort, holding a broom in my hand,
as well as a pencil to learn and share what I have learned.
Will the door open?
It does not depend on me, but I knock on the door, yes, and I will do it with all perseverance, enthusiasm, and vigor.
Knock, knock, knock, knock
When you move

Ponte en contacto con:

______________________________________________
(nombre y número de teléfono del maestro)  (cuidad y estado)

Contact:

______________________________________________
(name and number of instructor)  (city and state)
The contents of this Student Book were developed under a grant from the Department of Education. However, these contents do not necessarily represent the policy of the Department of Education, and you should not assume endorsement by the Federal Government.