

# #10519

## IT'S NOT WHAT YOU SAY: MASTERING GOALS

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Grade Level: 9-13+

18 Minutes

3 Instructional  
Graphics



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## ***IT'S NOT WHAT YOU SAY*** **MASTERING GOALS**

Are you someone who never plans ahead? Who crams the night before an exam? Who never gets to work on time? Then communicator Bill Cakmis has goal-setting techniques for you!

### **Overview:**

In this program, expert Bill Cakmis shows viewers the best way to identify goals and build a realistic plan of action to reach them. He'll teach you the difference between short-term and long-term goals. He'll help you discover ways to overcome obstacles, prioritize goals, and recognize what you really want. Isn't it time you started *achieving* what you want out of life, instead of just *dreaming* about it? Find out what's keeping you from reaching *your* goals...and start reaching them today.



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**\* Activity 1: CRYSTAL BALL:  
Seeing into the Future**

Looking into the future helps you determine exactly where you want to go, who you want to be, what you want to do.

Goals should be realistic and specific with a tentative target date for completion. Writing goals down is the first step to achieving them.

Directions: Look into your future; write down 2 SHORT TERM goals that you want to accomplish within the next few days or weeks. Project a target date.

| <b>GOAL</b> | <b>TARGET DATE</b> |
|-------------|--------------------|
| 1.          |                    |
|             |                    |
| 2.          |                    |
|             |                    |

Continue looking into that crystal ball...but look further ahead. Write down 2 LONG TERM goals that you want to accomplish within the next 5 years. Project a target date.

| <b>GOAL</b> | <b>TARGET DATE</b> |
|-------------|--------------------|
| 1.          |                    |
|             |                    |
| 2.          |                    |
|             |                    |

"Your life can't go according to plan if you have no plan."

Anonymous

**\* Activity 2: GETTING THERE IS HALF THE FUN!**

For the Goals that you listed in Activity 1, think about what you must do to reach those goals. First, look at your LONG TERM goals. What ACTIONS MUST YOU TAKE to achieve those goals? "Think backward" (as discussed in the video) and determine the actions you must take to get where you want to be in 5 years. List those actions below and when they should be completed.

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As you work backward, you may realize that some of your short-term goals will help to achieve the long-term goals.

Which short term goals may help you achieve the long term goals in Activity 1? Be specific in your answer, and tell what you must do NOW to get started.

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What sacrifices might be needed to achieve the goals?

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What barriers could prevent you from achieving the goals?

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**\* Activity 3: VISUALIZE YOUR GOALS ON PAPER**

Design and create a collage to illustrate the goals you want to achieve during the next 5 years or 10 years. On an 11" x 17" piece of paper (or larger posterboard,) glue magazine pictures, photos, drawings, and anything else that will help you put your goals in a visual format. If desired, share your goals with others in your class.

**\* Activity 4: Optional Activity**

Write daily in a journal what you have accomplished towards achieving any of your goals.

Answer Key:

Answers/responses to all activities will be individual. Instructor should guide students/clients using information from the accompanying video.

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