

THE RISING STAR



Volume 4 Issue 2

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Feature Article

Goal Setting Guide

From Susan M. Heathfield, Your Guide to Human Resources

Jan 9, 2007

A guide to teach students how to set their own personal goals, and to be a part of setting classroom, school, and global/local community goals.

Students and adults frequently write their personal goals but often overlook goals for their community, and globally. As a class have students participate in writing personal, school, their community, and global goals.

Personal Goals

Personal Goals are goals that are specific to only the student. Students should be encouraged to write a variety of goals that deal with their physical, mental, emotional, and spiritual capabilities. Their personal goals will alter something about themselves.

Physical: Student will lose weight, eat a fruit a day, do 30 sit ups each morning are just a few examples of physical goals. Physical goals have to do with altering the physical body for the better.

Mental: Student will spend 30 minutes a day reading a book, work on projects on the first day it is assigned not the last, learn a new language are the mental goals that gets the brain more active. It is important to keep the brain stimulated. Mental goals have to do with challenging the brain.

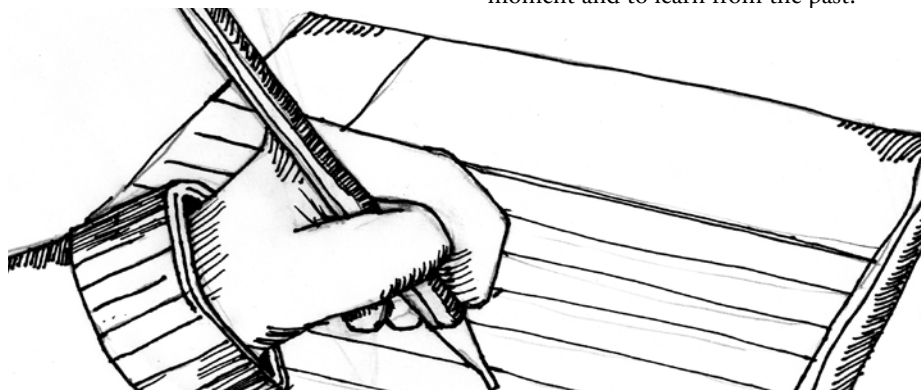
Emotional: Student will walk away from a fight, will choose not to participate in put downs, will refrain from using inappropriate words are examples of emotional goals. Emotional goals have to do with gaining control of our emotions. Students are very emotional and it is a great lesson to teach them ways to deal with anger that is different from their usual style.

Spiritual: Students will take time to reflect on their choices weekly, students will read a page from their religious books, take 5 minutes a day and just sit without disturbances are a few examples of spiritual goals. Spiritual goals are taking time to quiet the mind and body to be in the moment and to learn from the past.

Classroom Goals: As a class you brainstorm on a goal for the classroom. The students may decide it is best to do agendas in the morning, or to clean desks on a bi-weekly basis. The goals will be decided on a democratic basis. All goals need to follow the four basic steps to writing a goal.

School Goals: The class brainstorms on what they would like to see different in the school. Maybe the class feels they would like to know the lower grades and establish a reading buddy system or they might feel there is too much waste and educate classes on recycling. The class should only work on one school goal at a time otherwise it will become overwhelming. Another solution is to divide the class into two and have two groups working on different goals. Have weekly meetings to discuss their successes and obstacles.

Community Goals (Local or Global) Class suggests a variety of important community issues that are in need of help. Some examples are feeding the homeless, making booties for premature babies, raising money to create a skate park, or foster a child in a developing country. Students just need a platform and you will be amazed with their ideas of how to help the community.



Feature Article

Smart Goals

from Resource Associates Corporation

Goals need to meet the SMART criteria. In fact, you can even take it one step further. Goals must meet the SMARTY criteria.

Your goal needs to be Specific. This is where many people fall short. They don't make it specific enough and then struggle with the rest of the process. "What is it exactly that you want?"

Your goal must be Measurable. You will need to know how you are doing with your goal. It's important to be able to see when the goal has been accomplished. When you measure your progress, you stay on track, reach your

target dates, and experience the exhilaration of achievement that spurs you on to continued effort required to reach your goal.

You must believe that the goal is Attainable. You can attain most any goal you set when you plan your steps wisely and establish a time frame that allows you to carry out those steps, but you need to believe in yourself. You need to believe that you are capable of achieving the goal.

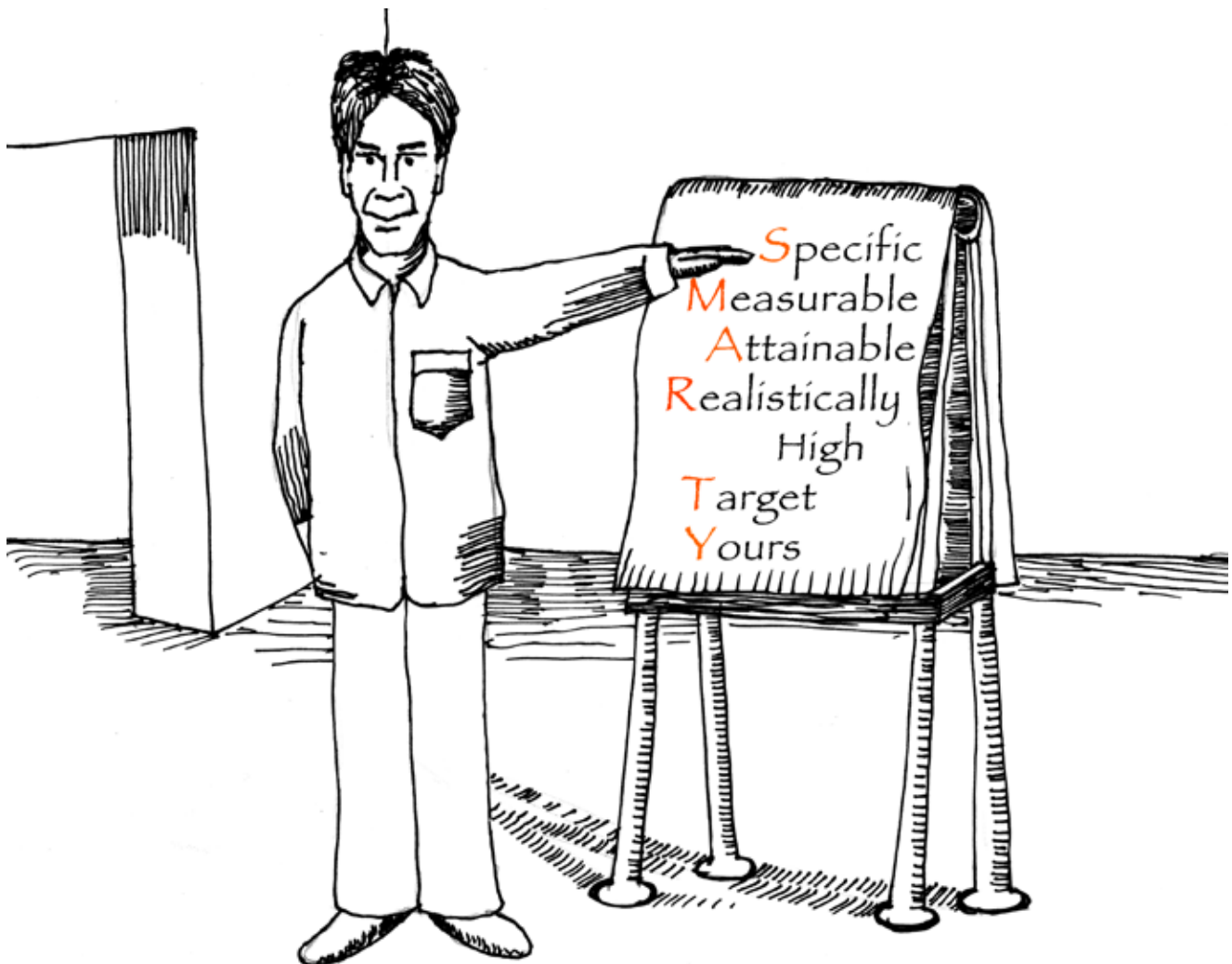
Your goal must be Realistically High. When setting a goal, you need to believe that you can accomplish the goal; however, you do want to stretch yourself. A goal can

be both high and realistic. When you are striving to achieve, your motivation will help propel you to accomplishing your goal.

Your goal must have a Target Date. When do you want to have this goal accomplished? Each goal must have a target date to be completed, so you can measure your progress.

And finally, the goal must be YOURS!

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Resources

Powerful Written Goals In 7 Easy Steps

by Gene Donohue

The car is packed and you're ready to go, your first ever cross-country trip. From the White Mountains of New Hampshire to the rolling hills of San Francisco, you're going to see it all.

You put the car in gear and off you go. First stop, the Baseball Hall of Fame in Cooperstown, New York.

A little while into the trip you need to check the map because you've reached an intersection you're not familiar with. You panic for a moment because you realize you've forgotten your map.

But you say the heck with it because you know where you're going. You take a right, change the radio station and keep on going. Unfortunately, you never reach your destination.

Too many of us treat goal setting the same way. We dream about where we want to go, but we don't have a map to get there.

What is a map? In essence, the written word.

What is the difference between a dream and a goal? Once again, the written word.

Goal setting however is more than simply scribbling down some ideas on a piece of paper. Our goals need to be complete and focused, much like a road map, and that is the purpose behind the rest of this article.

If you follow the 7 goal setting steps I've outlined in this article you will be well on your way to becoming an expert in building the road maps to your goals.

1. Make sure the goal you are working for is something you really want, not just something that sounds good.

I remember when I started taking baseball umpiring more seriously. I began to set my sites on the NCAA

Division 1 level. Why? I knew there was no way I could get onto the road to the major leagues, so the next best thing was the highest college level. Pretty cool, right. Wrong.

Sure, when I was talking to people about my umpiring goals it sounded pretty good, and many people were quite impressed. Fortunately I began to see through my own charade.

I have been involved in youth sports for a long time. I've coached, I've been the President of leagues, I've been a treasurer and I'm currently an Assistant State Commissioner for Cal Ripken Baseball. Youth sports is where I belong, it is where

Setting goals in each area of life will ensure a more balanced life as you begin to examine and change the fundamentals of everyday living. Setting goals in each area of life also helps in eliminating the non-integrated thinking we talked about in the 2nd step.

4. Write your goal in the positive instead of the negative.

Work for what you want, not for what you want to leave behind. Part of the reason why we write down and examine our goals is to create a set of instructions for our subconscious mind to carry out. Your subconscious mind is a very efficient tool, it can not deter-

“Writing down your goals creates a road map to success.”

my heart belongs, not on some college diamond where the only thing at stake is a high draft spot.

When setting goals it is very important to remember that your goals must be consistent with your values.

2. A goal can not contradict any of your other goals.

For example, you can't buy a \$750,000 house if your income goal is only \$50,000 per year. This is called non-integrated thinking and will sabotage all of the hard work you put into your goals. Non-integrated thinking can also hamper your everyday thoughts as well. We should continually strive to eliminate contradictory ideas from our thinking.

3. Develop goals in the 6 areas of life:

Family and Home Financial and Career Spiritual and Ethical Physical and Health Social and Cultural Mental and Educational

mine right from wrong and it does not judge. It's only function is to carry out its instructions. The more positive instructions you give it, the more positive results you will get.

Thinking positively in everyday life will also help in your growth as a human being. Don't limit it to goal setting.

5. Write your goal out in complete detail.

Instead of writing "A new home," write "A 4,000 square foot contemporary with 4 bedrooms and 3 baths and a view of the mountain on 20 acres of land.

Once again we are giving the subconscious mind a detailed set of instructions to work on. The more information you give it, the more clear the final outcome becomes. The more precise the outcome, the more efficient the subconscious mind can become.

[Continued on page 4]



Powerful Written Goals In 7 Easy Steps (continued from page 3)

About Rising Stars



Can you close your eyes and visualize the home I described above? Walk around the house. Stand on the porch off the master bedroom and see the fog lifting off the mountain. Look down at the garden full of tomatoes, green beans and cucumbers. And off to the right is the other garden full of a mums, carnations and roses. Can you see it? So can your subconscious mind.

6. By all means, make sure your goal is high enough.

Shoot for the moon, if you miss you'll still be in the stars. Earlier I talked about my umpiring goals and how making it to the top level of college umpiring did not mix with my values. Some of you might be saying that I'm not setting my goals high enough. Not so. I still have very high goals for my umpiring career at the youth level. My ultimate goal is to be chosen to umpire a Babe Ruth World Series and to do so as a crew chief. If I never make it, everything I do to reach that goal will make me a better umpire and a better person. If I make it, but don't go as a crew chief, then I am still among the top youth umpires in the nation. Shoot for the moon!

7. This is the most important, write down your goals.

Writing down your goals creates the road map to your success. Although just the act of writing them down can set the process in motion, it is also extremely important to review your goals frequently. Remember, the more focused you are on your goals the more likely you are to accomplish them.

Sometimes we realize we have to revise a goal as circumstances and other goals

change, much like I did with my umpiring. If you need to change a goal do not consider it a failure, consider it a victory as you had the insight to realize something was different.

So your goals are written down. Now what?

First of all, unless someone is critical to helping you achieve your goal(s), do not freely share your goals with others. The negative attitude from friends, family and neighbors can drag you down quickly. It's very important that your self-talk (the thoughts in your head) are positive.

Reviewing your goals daily is a crucial part of your success and must become part of your routine. Each morning when you wake up read your list of goals that are written in the positive. Visualize the completed goal, see the new home, smell the leather seats in your new car, feel the cold hard cash in your hands. Then each night, right before you go to bed, repeat the process. This process will start both your subconscious and conscious mind on working towards the goal. This will also begin to replace any of the negative self-talk you may have and replace it with positive self-talk.

Every time you make a decision during the day, ask yourself this question, "Does it take me closer to, or further from my goal." If the answer is "closer to," then you've made the right decision. If the answer is "further from," well, you know what to do.

If you follow this process everyday you will be on your way to achieving unlimited success in every aspect of your life.

The difference between a goal and a dream is the written word.

The *Rising Stars* Process was designed to help today's youth develop their personal leadership skills. Leadership is essential in enabling youth to develop character, confidence, and values that promote the goal of healthy behavior.



The *Rising Stars* Program is an innovative and unique inside-out development program that focuses on three critical elements that promote personal leadership, healthy behaviors, and the skills employers identify as essential.

These elements are: developing attitudes, developing interpersonal skills, and developing goal-achievement skills. The development process typically begins by developing positive attitudes among the participants about themselves and about the possibilities that exist for them. Attitudes will directly determine in many cases whether a student turns a problem into an opportunity or succumbs to it; whether they behave in healthy ways that benefit from the educational process. Goal achieving and interpersonal skills then enhance their ability to assess the impact of their present behavior on their present and future success.

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