

HOW TO SET GOALS

1. **Define the goal.***
2. **Outline the steps needed to achieve it.**
3. **Consider possible blocks and ways of dealing with them.**
4. **Set deadlines.**

*Not every wish can be a goal. For instance, you may wish you could live and stay young forever, but since there's nothing you can do to make that happen, it could never be considered a goal.

In order for something to be a goal:

- **It has to be important to you, personally.**
- **It has to be within your power to make it happen through your own actions.**
- **It has to be something you have a reasonable chance of achieving.**
- **It must be clearly defined and have a specific plan of action.**

Reference: <http://www.goodcharacter.com/BCBC/Goals.html>