

RESET

Introduction

"He who has a
WHY to live for
can bear almost
any HOW."

**Friedrich
Nietzsche**

In America, we believe the people are in charge. We don't have kings or dictators lording over us. We are in charge of our own destiny. That places great responsibility and accountability on each of us to control our own life. This includes you!

At the heart of America is the individual. Every person is unique. That means you are unique. Each person has a divine spark and deserves to be respected - and needs to respect others.

You need to be a good person for the sake of yourself and your family. That you need to respect yourself and others. Treat yourself like you are someone you need to take care of. Treat others with the respect they deserve.

Life is hard. Everyone suffers. We all have different challenges. For each person our suffering is different. Health problems. Addiction. Loneliness. Abandonment. Abuse. Neglect. Failure in school. Poor schools. Racism. Sexism. Poverty. Unemployment. Lack of Faith. Family losses. No one is immune - we all suffer. The question is what do we do in the face of the suffering. Don't shift blame. Don't curse the universe or society. No place or time is perfect. We do know one thing, crime and substance abuse is the WRONG path. That only leads to self-destruction and worse suffering. If you don't take control of your own life, others will, and you will suffer even more.

As Holocaust survivor Viktor E. Frankl reflected, even in the face of enormous suffering - the genocide of the concentration camps in Nazi Germany - we have a choice of how to live:

Fundamentally . . . any man can, even under such circumstances, decide what shall become of him - mentally and spiritually. He may retain his human dignity even in a

concentration camp. Dostoevsky said once, "There is only one thing I dread: not to be worthy of my sufferings." These words frequently came to my mind after I became acquainted with those martyrs whose behavior in camp, whose suffering and death, bore witness to the fact that the last inner freedom cannot be lost. It can be said that they were worth their sufferings; the way they bore their suffering was a genuine inner achievement. It is this spiritual freedom - which cannot be taken away - that makes life meaningful and purposeful.

Frankl explained that the challenge of finding meaning in life need not be found in a concentration camp: "Everywhere man is confronted with fate, with the chance of achieving something through his own suffering."

Find meaning in your life by focusing on something other than yourself. You know that you can do terrible evil or at least be neglectful or abusive to yourself or others. Aim for something higher. When you do that, the chances increase dramatically that your life will improve and the suffering will be easier to handle. Don't compare yourself to others who seem to have it all. First of all, they suffer too. Second, you can more likely improve your life by comparing who you are today with who you were yesterday. Small steps add up to long miles. Tiny improvements, each day, can lead to great changes over time.

"life has
meaning up to
the last
moment, and it
retains this
meaning literally
to the end."
Victor Frankl

And no one is perfect. Understand and accept that you have and will make mistakes - and that you can make them right - or at least make up for them. In the end, you are accountable for your own actions - and following the law. You can move forward by accepting that responsibility and doing the best you can - or you will end up in a cage - maybe even for life. You are a human being, with a divine spark, who has dignity and purpose. Don't waste that spark. Don't vegetate. Don't be aimless. Don't settle for the pit or embrace demons. Expect

more from life. Find a target and grab on tightly. You might have to look where you least want to. You may find meaning where you least expect it. Have faith in something greater than yourself. Choose the right pathway.

One very important advantage you have, and you might not realize it, is that you live in America. Here, you can make your own future, no matter who your family is, your wealth, and what you have done in the past. America is by no means perfect, but it the best place to ever live in human history.

“Woe to him who saw no more sense in his life, no aim, no purpose, and therefore no point on carrying on. He was soon lost.” **Victor Frankl**

To really understand this blessing, we must begin at the beginning. Unlike most countries in world history, America has a clear birthday - it was born when a resolution of independence passed the Second Continental Congress on July 2, 1776. Two days later, we passed Declaration of Independence - explaining to a “candid world” the reasons behind the American Revolution. Perhaps the most eloquent political message ever penned by the hands of men, the second paragraph of the Declaration lays out the First Principles upon which our nation was founded:

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are life, liberty and the pursuit of happiness. That to secure these rights, governments are instituted among men, deriving their just powers from the consent of the governed. That whenever any form of government becomes destructive to these ends, it is the right of the people to alter or to abolish it, and to institute new government, laying its foundation on such principles and organizing its powers in such form, as to

them shall seem most likely to affect their safety and happiness.

These words were revolutionary in 1776 and remain revolutionary today. In today's language, the First Principles identified in the Declaration are:

- ★ **Unalienable rights** (everyone is endowed by their Creator and Nature with certain rights that cannot be taken away by others - i.e., your rights are not given to you by government, but are born within you and can never be taken away);
- ★ **Equality** (all persons are created equal and should be treated equally under the law - i.e., regardless of our differences, we should all be treated the same under the law);
- ★ **The Social Compact** (governments are created by the people and get their just powers from the consent of the governed - i.e., to protect our unalienable rights, we have created governments - and those governments are only valid if they represent the will of the people and protect our unalienable rights);
- ★ **Limited government** (government is created to protect our unalienable rights and should be limited to fulfill that purpose - i.e., the government is not all powerful; the government has internal limits on its power (for example, checks and balances, separation of powers, and federalism) and external limits on its power (for example, voting, criminal due process, and the freedoms of religion, speech, press, and association));
- ★ **The Rule of Law** (the law governs everyone, including those in government and the people - i.e., those in power cannot simply do what they want, but must follow the law - and the people are also bound by the law); and

"This is the message that everyone wants to hear. Risk your security. Face the unknown. Quit lying to yourself, and do what your heart truly tells you to do. You will be better for it, and so will the world."
Jordan B. Peterson



The Right to Alter or Abolish an Oppressive Government (the people have the right to reform the government - i.e., if the people are unhappy with the government, they can change it through elections and constitutional amendments, and if there is a longstanding oppression, the people can abolish and create a new government).

At the heart of the American experiment is the belief that every single person has a divine spark. What these means for you, is that YOU are in charge of your own destiny. Your fingerprints and retinas prove that you are unique in the universe. You choose your destiny. You are novel, different. You have unalienable rights that cannot be taken away. You are to be treated equally before the law. You are a member of the Social Compact and are responsible for ensuring that our society remains free. Because we have a limited government, you are free and should not abuse it. You must follow the law. And if the government becomes oppressive, you should work to reform it. You have worth. Aim to be better than you were yesterday. Not perfect, just better. Take the opportunity of being you and improve yourself and the world.

"Our lives are
fashioned by our
choices. First we
make our
choices. Then our
choices make us."

Anne Frank

This program is designed to help you on the adventure of your life, to assess where you have been, and where you can go, and how to get there. Everyone has a divided heart - for good and for ill. Everyone has done things they have been ashamed of, and things they should be proud of. We ALL need to be redeemed. Strive to be better. To live up to your potential. ANYONE, no matter what has happened in the past, can reset their

lives. NOW is the time for you.

RESET

Where have you been?

TO RESET YOUR LIFE, YOU NEED TO UNDERSTAND WHERE YOU HAVE BEEN. THIS WILL HELP YOU AVOID MISTAKES OF THE PAST AND FIND A NEW WAY FORWARD FOR THE FUTURE.

Follow the instructions. You can fill in the text boxes or use separate sheets of paper, if needed.

Life through the age of 12

List 3 of your fondest memories.

1.

2.

3.

Explain how these experiences have made you a better person.

List 3 of your worst or most disappointing memories.

1.

2.

List 3 of your fondest memories.

3.

Identify the source of those problems (do not assign blame or be defensive – be honest.)

1.

2.

3.

Explain what you have learned from those experiences.

Life from ages 12-18

List 3 of your fondest memories

1.

2.

3.

Explain how these experiences have made you a better person.

List 3 of your worst or most disappointing memories

1.

2.

3.

Identify the source of those problems (do not assign blame or be defensive – be honest)

1.

2.

3.

Explain what you have learned from those experiences

Life from ages 18-25

List 3 of your best or fondest memories

1.

2.

3.

Explain how these experiences have made you a better person.

List 3 of your worst or most disappointing memories

1.

2.

3.

Identify the source of those problems (do not assign blame or be defensive – be honest.

1.

2.

3.

Explain what you have learned from those experiences

Life from ages 25-40

List 3 of your best or fondest memories

1.

2.

3.

Explain how these experiences have made you a better person

List 3 of your worst or most disappointing memories

1.

2.

3.

Identify the source of those problems (do not assign blame or be defensive – be honest)

1.

2.

3.

Explain what you have learned from those experiences

Life from ages 40 to now

List 3 of your fondest memories

1.

2.

3.

Explain how these experiences have made you a better person

List 3 of your worst or most disappointing memories

1.

2.

3.

Identify the source of those problems (do not assign blame or be defensive – be honest)

1.

2.

3.

Explain what you have learned from those experiences

RESET

Values

Now that you have looked back at your past, it is time to plan for your future. One way to do this to consider are your values. Here is a list of values for you to consider. Do an honest assessment of what you value and how you have measured up to what you say you value.

Value	Definition of Value	Ideal Rank of Value (on a scale of 1-5, 1 being highest, how important is this to you?)	Reality Rank (on a scale of 1-5, 1 being highest, how do I actually treat this value)?
Freedom	Personal liberty		
Equality	Equality under the law; all being worth and treated the same		
Solidarity	Union or fellowship from common responsibilities and interests		
Tolerance	A fair, objective, and permissive attitude toward opinions, beliefs, and practices that differ from one's own		
Environmentalism	Caring for living things and the environment		
Power	Ability to do or act; capability of doing or accomplishing something		
Achievement	Accomplishment by superior ability, special effort, great courage, etc.; a great or heroic deed		
Hedonism	Pleasure as a way of life		
Autonomy	Independence or freedom, as of the will or one's actions		
Benevolence	To do good to others; goodwill; charitableness		

Value	Definition of Value	Ideal Rank of Value (on a scale of 1-5, 1 being highest, how important is this to you?)	Reality Rank (on a scale of 1-5, 1 being highest, how do I actually treat this value)?
Tradition	The handing down of statements, beliefs, legends, customs, information, etc., from generation to generation, especially by word of mouth or by practice		
Conformity	Action in accord with prevailing social standards, attitudes, practices, etc.		
Security	Securing or making safe; protection; defense		
Luxury	Free or habitual indulgence in or enjoyment of comforts and pleasures in addition to those necessary for a reasonable standard of well-being		
Conservation	Preservation of rivers, forests, and other natural resources through prudent management		
Love	A profoundly tender, passionate affection for another person		
Relationships	A connection, association, or involvement. connection between persons by blood or marriage		
Intimate Partner	A spouse or significant other		
Romance	Preoccupation with love or by the idealizing of love or one's beloved		
Children	Sons and daughters		

Value	Definition of Value	Ideal Rank of Value (on a scale of 1-5, 1 being highest, how important is this to you?)	Reality Rank (on a scale of 1-5, 1 being highest, how do I actually treat this value)?
Friendship	The state of being a friend; association as friends; to value a person's friendship; a friendly relation or intimacy.		
Marriage	Any of the diverse forms of interpersonal union established to form a familial bond that is recognized legally, religiously, or socially, granting the participating partners mutual conjugal rights and responsibilities.		
Respect for elders	Esteem for a sense of worth, and deference to, older generations		
Privacy	The state of being free from unwanted or undue intrusion or disturbance in one's private life or affairs; freedom to be let alone		
Cooperation	Working or acting together for a common purpose or benefit; joint action		
Service	Helpful activity; help; aid		
Public Service	Service to the public		
Volunteerism	Volunteering one's time or talents for charitable, educational, or other worthwhile activities, especially in one's community		
Recognition - status	Acknowledgment of achievement, service, merit, etc.		

Value	Definition of Value	Ideal Rank of Value (on a scale of 1-5, 1 being highest, how important is this to you?)	Reality Rank (on a scale of 1-5, 1 being highest, how do I actually treat this value)?
Patriotism	Devoted love, support, and defense of one's country; national loyalty		
American Patriotism	Devotion and commitment to the Declaration of Independence and Constitution		
Education	Imparting or acquiring general knowledge, developing the powers of reasoning and judgment, and generally of preparing oneself or others intellectually for mature life		
Wisdom	The quality or state of being wise ; knowledge of what is true or right coupled with just judgment as to action; sagacity, discernment, or insight		
Beauty	The quality present in a thing or person that gives intense pleasure or deep satisfaction to the mind, whether arising from sensory manifestations (as shape, color, sound, etc.), a meaningful design or pattern, or something else (as a personality in which high spiritual qualities are manifest).		
Truth	The true or actual state of a matter; conformity with fact or reality; verity: the truth of a statement; a verified or indisputable fact, proposition, principle, or the like		

Value	Definition of Value	Ideal Rank of Value (on a scale of 1-5, 1 being highest, how important is this to you?)	Reality Rank (on a scale of 1-5, 1 being highest, how do I actually treat this value)?
Self-evident truths	Truths that are so obvious that they do not need to be proven		
Teaching	The act or profession of a person who teaches		
Mentorship	Wise and trusted counselorship or teaching		
Unalienable Rights	Everyone is endowed by their Creator and Nature with certain rights that cannot be taken away by others - i.e., your rights are not given to you by government, but are born within you and can never be taken away.		
Solving Problems	A willingness to address issues to resolve them		
Inner Peace	Harmony with oneself		
Physical security	Securing or making one's body safe, protected and defended		
Financial Security	Securing or making one's personal finances safe, protected and defended		
Self-reliance	Independence and reliance on oneself or one's own powers, resources, etc.		
Commitment	Committing, pledging, or engaging oneself		

Value	Definition of Value	Ideal Rank of Value (on a scale of 1-5, 1 being highest, how important is this to you?)	Reality Rank (on a scale of 1-5, 1 being highest, how do I actually treat this value)?
Self-Respect	Proper esteem or regard for the dignity of one's character, including refusing to be taken unfair advantage of		
Justice	Being just; righteousness, equitableness, or moral rightness: to uphold the justice of a cause; rightfulness or lawfulness, as of a claim or title; justness of ground or reason		
Diversity	The inclusion of individuals representing more than one national origin, color, religion, socioeconomic stratum, sexual orientation, etc.:		
Religion/Faith	Recognize the existence of and be committed to a Supreme Being, higher in principle, transcendent purpose or meaning to one's existence		
Spirituality	Of or relating to the spirit or soul, as distinguished from the physical nature		
Charity	Generous actions or donations to aid the poor, ill, or helpless		
Personal Responsibility	To act in accordance with one's conscience and to accept responsibility for one's behavior		
Truth/Honesty/Integrity	Truthful and sincere		

Value	Definition of Value	Ideal Rank of Value (on a scale of 1-5, 1 being highest, how important is this to you?)	Reality Rank (on a scale of 1-5, 1 being highest, how do I actually treat this value)?
Accountability	Subject to the obligation to report, explain, or justify something; responsible; answerable		
Physical Health	Soundness of body or mind; freedom from disease or ailment		
Creativity	The ability to transcend traditional ideas, rules, patterns, relationships, or the like, and to create meaningful new ideas, forms, methods, interpretations, etc.; originality, progressiveness, or imagination		
Leadership	The position or function of a leader, a person who guides or directs a group		
Empowering	Giving power or authority to others; authorizing others to act		
Work	To be employed, especially as a means of earning one's livelihood		
Meaningful Work	Employment that is full of meaning, significance, purpose, or value		
Joyful Work	Employment that brings joy		
Teamwork	Cooperative or coordinated effort on the part of a group of persons acting together as a team or in the interests of a common cause		

Value	Definition of Value	Ideal Rank of Value (on a scale of 1-5, 1 being highest, how important is this to you?)	Reality Rank (on a scale of 1-5, 1 being highest, how do I actually treat this value)?
Fame	Widespread reputation, especially of a favorable character; renown; public eminence		
Independence	Freedom from the control, influence, support, aid, or the like, of others.		
Pleasure	Enjoyment or satisfaction derived from what is to one's liking; gratification; delight		
Happiness	Pleasure; contentment; joy		
Maturity	Acting as an fully developed adult, being accountable for one's actions		
Punctuality	Strict observance in keeping engagements; promptness		
Open-mindedness	Receptive to new ideas or arguments		
Accuracy	The condition or quality of being true, correct, or exact; freedom from error or defect; precision or exactness; correctness		
Democracy	Government by the people; a form of government in which the supreme power is vested in the people and exercised directly by them or by their elected agents under a free electoral system		

Value	Definition of Value	Ideal Rank of Value (on a scale of 1-5, 1 being highest, how important is this to you?)	Reality Rank (on a scale of 1-5, 1 being highest, how do I actually treat this value)?
Peace	A state of mutual harmony between people or groups, especially in personal relations		
Self-determination	Freedom to live as one chooses, or to act or decide without consulting another or others		
General Welfare	Concern for the well being of others and society at large		
Rule of Law	The law governs everyone, including those in government and the people - i.e., those in power cannot simply do what they want, but must follow the law - and the people are also bound by the law		
Limited Government	Government is created to protect our unalienable rights and should be limited to fulfill that purpose		
Social Compact	Governments are created by the people and get their just powers from the consent of the governed - i.e., to protect our unalienable rights, we have created governments - and those governments are only valid if they are represent the will of the people and protect our unalienable rights		

Value	Definition of Value	Ideal Rank of Value (on a scale of 1-5, 1 being highest, how important is this to you?)	Reality Rank (on a scale of 1-5, 1 being highest, how do I actually treat this value)?
Right to Alter or Abolish an Oppressive Government	The people have the right to reform the government - i.e., if the people are unhappy with the government, they can change it through elections and constitutional amendments, and if there is a longstanding oppression, the people can abolish and create a new government		
Integrity	Being consistent with beliefs		
Trustworthiness	Keep promises/fulfill commitments		
Fairness	Committed to justice, equal treatment, and respect for diversity		
Respect	Confidence in beliefs and values and knowledge you understand and support the rights in others to express their beliefs and the autonomy of others		
Excellence	Pride in work, best effort, and reflection in work		
Accountability	Consider and accept the impact and consequences of personal actions and decisions		
Humility	To not exalt oneself or overindulge		
Unselfishness	Avoid self-centerededness		

Value	Definition of Value	Ideal Rank of Value (on a scale of 1-5, 1 being highest, how important is this to you?)	Reality Rank (on a scale of 1-5, 1 being highest, how do I actually treat this value)?
Forgiving	To grant pardon; absolve; to give up all claim on account of; to cease to feel resentment against: to forgive one's enemies		
Peaceful	Avoid strife or dissension; not argumentative or hostile; tranquil; avoiding harm to others		
The Golden Rule	Treat others as others as you would like to be treated		
Sobriety	Temperance or moderation in the use of alcohol and illicit drugs		
Mercy	Compassionate or kindly forbearance shown toward an offender, an enemy, or other person in one's power; compassion, pity, or benevolence		
Self-Discipline	Discipline and training of oneself, usually for improvement:		

RESET

Where are you going?

To Reset your life, you need to have a plan of action of where you want to go. If you don't have goals, you will drift aimlessly through life. Good things happen to people who plan and have goals, bad things happen to people who don't plan and are aimless. Take control of your life by aiming high and planning for the future.

This exercise is for you to look inside your mind, heart, and spirit and decide where you want to be in 5 years. First, you will think about if everything goes right in life for the next 5 years, where will you be (your best, ideal future). Second, you will think about if everything goes wrong in your life, where will you be (your worst, catastrophic future). In the next exercise, you will write a plan about how to achieve your best, ideal future and to avoid the worst, catastrophic one.

Your best, ideal future

In this exercise you will begin to create a version, in writing, of your best, ideal future. Imagining a bright future is the first step to getting there. Using your imagination, you can develop ideas of what you can be if you apply yourself. Don't be reluctant or put up excuses or roadblocks. Think of all that you can be when everything goes right.

Highly successful people have a vision of the future. They know where they want to go, and they make that best, ideal future their guiding light. When they act, they remember that best, ideal future and do things that help them increase the chances of meeting that future. They refuse to do things that would undermine their ability to achieve that future. This is the pathway to success.

Imagining Your Best, Ideal Future

To help you along in imagining the future, you will go through a three-step process:

- 1) Creating the right attitude
- 2) Answering specific questions
- 3) Writing out your ideal, best future

Step 1 - Creating the Right Attitude

Brainstorm and fantasize. You are not being graded on your answer. Don't let grammar and spelling get the way of your thoughts. Think and daydream about what your best, ideal future. Be optimistic and positive. If it all goes right, where will you be?

Step 2 - Answering Specific Questions

Answer the following questions quickly. Give each question between 2-5 minutes. This is to prime the pump, to get you thinking and fantasizing. Remember, don't let spelling, grammar, or self-doubt cloud your answers.

One thing you could do better...

We all have room for improvement in our lives. What is the most important thing that you could improve to help you achieve your best, ideal life?

[illegible]

Things to Learn...

We can all learn more to make our lives better. What would you like to learn that will help achieve your best, ideal life?

This image shows a single page from a notebook or ledger. It features ten evenly spaced horizontal blue lines across its entire width. The top edge of the page has rounded corners. There are no margins, text, or other markings present.

Getting rid of Bad Habits...

We all have bad habits. These could be addictions, poor health and hygiene, wasting time, or active in other self-destructive ways. What 1-3 bad habits could you get rid of that would help you achieve your best, ideal life?

1.

2.

3.

Creating Good Habits...

Good habits lead to a better life. Good habits like exercise, eating well, and studying can improve your character and quality of life. What 1-3 good habits would help you achieve your best, ideal life?

1.

2.

3.

Letting Go of Bad Family, "Friends" and Acquaintances...

Family, friends and acquaintances can harm your ability to live your best, ideal life. Not all such people have your best interest at heart. Do you have family members, “friends” and acquaintances that hurt you, either physically, mentally, or by tempting you to engage in unhealthy or criminal behavior? Are there family, friends or acquaintances you need to leave behind?

[illegible]

Making and Keeping Good Family, Friends and Acquaintances...

Family, friends and acquaintances can help your ability to live your best, ideal life. Do you have family members, friends and acquaintances that have your best interest in heart and want to help you achieve your best, ideal future? Keep, strengthen, and make new family, friends and acquaintances that will improve your chances of success. How would the idea, best family, friends, and acquaintances treat you and how would you treat them? What is your ideal family, i.e., the characteristics that they have? Who are the ideal friends and acquaintances?

Your Job and Career...

Many find meaning in their lives by working and having a career. Having a job provides money, a sense of purpose, and a sense of independence and security. Do you want to work? Why? Some people want a career - i.e., a calling that they obtain through their job. Do you want a career? Why?

Qualities You Admire...

Usually people that you look up to have qualities that you admire, such as honesty, loving, character, a work ethic, discipline, or generosity (look at the virtues list to help remind you of such qualities). Think of two or three people you most admire and explain what qualifies they had that you most admire.

Lined area for writing the response.

Step 3 – Describe Your Best, Ideal Life

Keeping the attitude of Step 1 in your mind, and reflecting on your answers in Step 2, it is now time to describe and summarize your best, ideal life.

Close your eyes. Daydream, if you can, and imagine your ideal future:

- ◆ Who do you want to be?
- ◆ What do you want to do?
- ◆ Where do you want to end up?
- ◆ Why do you want these things?
- ◆ How do you plan to achieve your goals?
- ◆ When will you put your plans into action?

Be ambitious. Imagine a life that you would regard as honorable, exciting, productive, creative and decent.

Write about the ideal future that you have just imagined for 15 minutes. Write continuously and try not to stop while you are writing. Don't worry about spelling or grammar.

Remember, you are writing only for yourself. Choose goals that you want to pursue for your own private reasons, not because someone else thinks that those goals are important. You don't want to live someone else's life. Include your deepest thoughts and feelings about all your personal goals.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Congratulations! You have written about your ideal, best future. Remember, this is just a first draft, but it definitely can help make you a better person, to give you a sense of purpose, accountability, and responsibility. Clearly defining your future gives you something to strive for in a positive way. Keep the goal in mind, and you can succeed!

Your worst, catastrophic future

Now that you have described your best, ideal future, it is time to do the opposite - to describe your worst, catastrophic future. To really understand what is at stake, you need to understand the difference between the best and the worst potential futures.

To reset your life, deeply imagining the worst, catastrophic future that you would like to avoid is essential.

We all know people (or at least heard of people), who have made terrible decisions and are living a miserable life - or maybe even died because of them. We all have weaknesses too. If you let those get out of control, then you might also end up with a miserable, painful life. Most people know how their life could go into the abyss if they let it.

Now spend some time thinking about what your life would be like if you failed to define or pursue your goals, if you let your bad habits get out of control, and if you ended up miserable, resentful and bitter. Imagine yourself five years down the road, if you failed to stay on the path you know you should be on. Use your imagination. Draw on what has gone wrong in the past, the pain you have experienced, when you have betrayed yourself and others.

Think about the people you know who have made bad decisions or remained indecisive, or who chronically deceive themselves or other people, or who let cynicism and anger dominate their lives. Where do you not want to be?

Like imagining the best, ideal future, to help you along in imagining the worst, catastrophic future, you will go through a three-step process:

- 1) Creating the right attitude
- 2) Answering specific questions
- 3) Writing out your worst, catastrophic future

Step 1 - Creating the Right Attitude

Brainstorm and fantasize. You are not being graded on your answer. Don't let grammar and spelling get the way of your thoughts. Think and daydream about what your worst, catastrophic future. Be pessimistic and honest. If it all goes wrong, where will you be?

Step 2 - Answering Specific Questions

Answer the following questions quickly. Give each question between 2-5 minutes. This is to prime the pump, to get you thinking and fantasizing. Remember, don't let spelling, grammar, or overconfidence cloud your answers.

The Worst Thing You Could Do...

We all have room for serious trouble in our lives. Realistically, what is the worst thing that you could do to ruin your life?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

Forgetting Lessons Learned...

People who stumble in life often do not learn lessons or fail to take advantage of what they were taught. What lessons learned might you forget? What good rules of life might you refuse to follow?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

Acquiring Bad Habits...

We all have strengths, which can be undercut by acquiring new bad habits. What 1-3 new bad habits that could acquire that would lead to your worst, catastrophic life?

Staying with Bad Family, "Friends" and Acquaintances...

Family, friends and acquaintances can harm your ability to live your best, ideal life. Some of these people may not really care about you at all, but use and abuse you for their own selfish purposes. Do you have family members, "friends" and acquaintances that hurt you, either physically, mentally, or by tempting you to engage in unhealthy or criminal behavior? Are there family, friends or acquaintances you need to leave behind and if you don't would lead to your worst, catastrophic life?

Losing Good Family, Friends and Acquaintances...

Family, friends and acquaintances can help your ability to live your best, ideal life. Do you have family members, friends and acquaintances that have your best interest in heart and want to help you achieve your best, ideal future? Some of these people can be driven away from you by your selfish, destructive, and harmful behavior. If you lose them from your life, you may downward spiral. Which family, friends and acquaintances could you lose that would lead to your worst, catastrophic life?

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Joblessness/Lack of Community Involvement...

Many find meaning in their lives by working and having a career, or otherwise being involved in the community through volunteer and service opportunities. Having a job provides money and a sense of independence and security. A job and community involvement provide a sense of purpose. Losing a job or not being involved in the community could be another way to go down the pit. If you lose your job or career (or never get one) or community engagement, would that help lead to your worst, catastrophic life?

[illegible]

Qualities You Despise...

Often, we or others we dislike have qualities that we despise. These qualities can be self-destructive or hurt others, or both. Explain what qualities you most despise and might embody on the way to your worst, catastrophic life?

[illegible]

Keeping the attitude of Step 1 in your mind, and reflecting on your answers in Step 2, it is now time to describe and summarize your best, ideal life.

- ◆ Who do you not want to be?
- ◆ What do you not want to do?
- ◆ Where do you not want to end up?
- ◆ Why do you want to avoid these things?
- ◆ How might these things happen?
- ◆ Does the lack of planning ensure that these things happen?

Write about the worst, catastrophic future that you have just imagined for 15 minutes. Write continuously and try not to stop while you are writing. Don't worry about spelling or grammar.

Remember, you are writing only for yourself. Choose a pathway that you want to avoid for your own private reasons, not because someone else thinks so. You don't want to live someone else's life or someone else's nightmare. Include your deepest thoughts and feelings about how you might fail.

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Congratulations! You have written about your worst, catastrophic life. Remember, this is just a first draft, but it definitely can help make you a better person, to give you a sense of purpose, accountability, and responsibility. Clearly defining your future and what to avoid gives you something to strive for in a positive way. Keep the goal in mind, and you can succeed!

RESET

How are you going to get there?

To Reset your life, you need to have a plan of action of where you are headed. If you don't have a plan, you will drift aimlessly through life. Good things happen to people who plan and have goals, bad things happen to people who don't plan and are aimless. Take control of your life by aiming high and planning for the future.

You can do this by a 2-step process:

- 1) Create a Slogan for Your Overall Plan for Your Best, Ideal Future
- 2) Create a Summary Description of Your Best, Ideal Future
- 3) Create Specific Goals to Achieve Your Best, Ideal Future

STEP 1 - CREATE A SLOGAN AND BRIEFLY DESCRIBE YOUR BEST, IDEAL FUTURE

Create a short slogan (up to 10 words) that captures your best, ideal future as a whole. This could be something like, "Loving Husband and Father," "Sober Working Professional," "Giving myself to God and Family," "Living a clean life, reconnecting with family, and having a steady job," "Political Reformer," or "Productive Scientist."

Your Slogan:

STEP 2 - CREATE A SUMMARY DESCRIPTION OF YOUR BEST, IDEAL FUTURE

In no more than 50 words, create a summary of what your best, ideal future would look like. For example, for "Sober Working Professional," someone might include "I will be sober. I will enroll in college and obtain a college degree in nursing. I will find a steady nursing job with a local medical facility, doctor's office, or hospital. I will help my mom by paying for her medications and give back to the community through volunteer hours."

STEP 3 - CREATE SPECIFIC GOALS TO ACHIEVE YOUR BEST, IDEAL FUTURE

Break down your best, ideal future into 6-8 goals. The idea is to plan out how you will achieve the Summary Description of Your Best, Ideal Feature. The exercise allows you to specify a minimum of 6 goals, but people who identify 8 have better results with this exercise. Each goal should be a sentence or two.

These specific goals can be from a number of different areas.

- A personal goal might be "I would like to be healthier."
- A career goal might be "I would like to work at a steady job"
- A social goal might be "I would like to make new friends who won't tempt me into crime or addictions."

The summaries you write about each goal should be reasonably brief and memorable. Make sure that each goal summary includes nothing but the most important information.

Goal 1 Title:

Summary:

Goal 2 Title:

Summary:

Goal 3 Title:

Summary:

Goal 4 Title:

Summary:

Goal 5 Title:

Summary:

Goal 6 Title:

Summary:

Goal 7 Title:

Summary:

Goal 8 Title:

Summary:

2.3. PRIORITIZING YOUR GOALS

Organize your goals. Give your most important goal a rank of 1, your next most important goal a rank of 2, and so on.

RANK	1	2	3	4	5	6	7	8
GOAL								

STEP 4 - CREATE A CONCRETE PLAN FOR REACHING EACH GOAL

Overview

The next step is to create a concrete plan for reaching goal. To help you think about how to do this, you need to think a bit more about why you want to accomplish each goal, and how each goal will help you and society. As such, there is a 5-prong strategy for each goal:

- ◆ Being Honest About Your Motives
- ◆ Considering the Impacts
- ◆ Making Strategies for Obtaining Each Goal
- ◆ Identifying Obstacles and Solutions for Each Goal
- ◆ Monitoring Progress towards Each Goal

Go through each goal separately, doing the highest ranked goal first.

Goal 1:

A. Motives

Be honest to yourself about why you want to achieve this goal. Lying to yourself or others will doom your attempt to achieve it. You might want to consider the following:

- ◆ Do you truly believe that pursuing this goal is important?
- ◆ Would you feel ashamed, guilty or anxious if you didn't?
- ◆ Do you want to achieve this goal personally, or are you doing it to please someone else? (It is often a good thing to do something for someone else, but you should know when you are doing that.)
- ◆ Are you pursuing this goal because you have to? Would you avoid it if you could?
- ◆ Is the pursuit of this goal enjoyable, stimulating or satisfying?
- ◆ Is this goal part of a deeply felt personal dream?
- ◆ Does this goal help you be the best version of you?

Write in your Motives for this goal: (if additional space is required you may use a separate sheet of paper.)

B. Impacts

Our goals affect how we live and the journey of our life. Our goals also affect our friends and family. Our goals also affect the broader community and even the nation and world.

Think about the impact of this goal. The following questions may help you consider this:

- ◆ How would achieving this goal change the way that you see yourself?
- ◆ How would other parts of your personal life change, in consequence?
- ◆ How would this affect the way that others perceive you?
- ◆ Are you afraid to succeed at this goal? [Sometimes people are afraid to succeed because of the responsibility that comes with success. Sometimes people are even afraid to think about goals because then they would be aware when they fail. But not creating goals out of fear is a definite way to fail in life.]
- ◆ How would achieving this goal affect the lives of my family, friends, and co-workers?
- ◆ Who would achieving this goal improve my neighborhood and community?
- ◆ How would achieving this goal improve America?

Write in the Impacts of this Goal:(if additional space is required you may use a separate sheet of paper.)

[illegible]

C. Strategies

Having a goal is a great first step. But dreaming of a goal will not make it happen. To achieve the goal, you need to specific concrete strategies to make them happen. For example, if you want to obtain a GED, you need to enroll in a class, study, and take the test. Some of these strategies may be something you do each day (for example, studying for the GED), or each week (for example, going to math class for the GED), or each month (for example, meeting with a study group for the GED), or some may include just a one-time event (i.e., taking the GED test).

The following questions may help to you think about developing concrete strategies:

- ◆ How are you going to work on your goal?
- ◆ When are you going to work on your goal?
- ◆ Where are you going to work on your goal?
- ◆ Do you need help or support to accomplish your goal?
- ◆ Do you need training to accomplish your goal?
- ◆ Are there specific people who have experience in what you want to accomplish that you can reach out to?

Write in concrete daily, weekly, monthly, and one-time Strategies to achieve your Goal:
(if additional space is required you may use a separate sheet of paper.)

Goal	Occurrence <small>(i.e. Daily, Weekly, Monthly, One-Time)</small>

D. Obstacles & Solutions

Even people with the best of intentions can be sidetracked by obstacles. Maybe it is transportation, money, time or lack of education. Be honest about potential obstacles and think about ways to overcome these obstacles.

The following questions might help you in brainstorming about obstacles and solutions:

How might you interfere with your own plans? How can you ensure this won't happen

Sometimes change is threatening to people we know and love. Will the people you know help you, or interfere? How can you communicate with them, so that they will support you?

Do you procrastinate? How can you overcome this?

Do you get easily distracted by TV, social media, YouTube, and your phone? How can you overcook this?

Think of realistic and worst-case scenarios. What are your options? What are your alternative plans?

Write down potential obstacles to this goal, and specify the ways you might overcome them.

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E. Monitoring Progress

We need to know, concretely, whether or not we are making progress towards the attainment of our goals. This is not an easy task, but it is key to making your goal happen. A “benchmark” is a specific, concrete sub goal that you can use to measure how well and quickly you are moving towards a specific goal. For example, if you want to obtain a GED and the first step is to enroll in a class, a benchmark could be that you have enrolled within 30 days. These benchmarks are essential to make sure you are on track.

The following questions might help you creating benchmarks and to track your success:

When would you like to achieve this goal? Be specific. Even if you have to revise a deadline later, it is still better to set one.

What sorts of things will you accept as evidence that you are making progress towards your stated goal?

How often are you going to monitor your own behavior?

How will things in your life have to change, measurably, for you to feel satisfied in your progress?

How can you ensure that you are neither pushing yourself too hard, and ensuring failure, or being too easy on yourself, and risking boredom and giving up?

Your benchmarks should be personal indicators of success. It doesn't matter what others may think defines progress towards your goal.

Write down the benchmarks that will help ensure that you will be successful.

(if additional space is required you may use a separate sheet of paper.)

[illegible]

Goal 2:

A. Motives

Be honest to yourself about why you want to achieve this goal. Lying to yourself or others will doom your attempt to achieve it. You might want to consider the following:

- ◆ Do you truly believe that pursuing this goal is important?
- ◆ Would you feel ashamed, guilty or anxious if you didn't?
- ◆ Do you want to achieve this goal personally, or are you doing it to please someone else? (It is often a good thing to do something for someone else, but you should know when you are doing that.)
- ◆ Are you pursuing this goal because you have to? Would you avoid it if you could?
- ◆ Is the pursuit of this goal enjoyable, stimulating or satisfying?
- ◆ Is this goal part of a deeply felt personal dream?
- ◆ Does this goal help you be the best version of you?

Write in your Motives for this goal: (if additional space is required you may use a separate sheet of paper.)

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B. Impacts

Our goals affect how we live and the journey of our life. Our goals also affect our friends and family. Our goals also affect the broader community and even the nation and world.

Think about the impact of this goal. The following questions may help you consider this:

- ◆ How would achieving this goal change the way that you see yourself?
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- ◆ How would achieving this goal affect the lives of my family, friends, and co-workers?
- ◆ Who would achieving this goal improve my neighborhood and community?
- ◆ How would achieving this goal improve America?

Write in the Impacts of this Goal: (if additional space is required you may use a separate sheet of paper.)

[illegible]

C. Strategies

Having a goal is a great first step. But dreaming of a goal will not make it happen. To achieve the goal, you need to specific concrete strategies to make them happen. For example, if you want to obtain a GED, you need to enroll in a class, study, and take the test. Some of these strategies may be something you do each day (for example, studying for the GED), or each week (for example, going to math class for the GED), or each month (for example, meeting with a study group for the GED), or some may include just a one-time event (i.e., taking the GED test).

The following questions may help to you think about developing concrete strategies:

- ◆ How are you going to work on your goal?
- ◆ When are you going to work on your goal?
- ◆ Where are you going to work on your goal?
- ◆ Do you need help or support to accomplish your goal?
- ◆ Do you need training to accomplish your goal?
- ◆ Are there specific people who have experience in what you want to accomplish that you can reach out to?

Write in concrete daily, weekly, monthly, and one-time Strategies to achieve your Goal:

(if additional space is required you may use a separate sheet of paper.)

Goal	Occurrence (i.e. Daily, Weekly, Monthly, One-Time)

D. Obstacles & Solutions

Even people with the best of intentions can be sidetracked by obstacles. Maybe it is transportation, money, time or lack of education. Be honest about potential obstacles and think about ways to overcome these obstacles.

The following questions might help you in brainstorming about obstacles and solutions:

How might you interfere with your own plans? How can you ensure this won't happen

Sometimes change is threatening to people we know and love. Will the people you know help you, or interfere? How can you communicate with them, so that they will support you?

Do you procrastinate? How can you overcome this?

Do you get easily distracted by TV, social media, YouTube, and your phone? How can you overcook this?

Think of realistic and worst-case scenarios. What are your options? What are your alternative plans?

Write down potential obstacles to this goal, and specify the ways you might overcome them.

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E. Monitoring Progress

We need to know, concretely, whether or not we are making progress towards the attainment of our goals. This is not an easy task, but it is key to making your goal happen. A “benchmark” is a specific, concrete sub goal that you can use to measure how well and quickly you are moving towards a specific goal. For example, if you want to obtain a GED and the first step is to enroll in a class, a benchmark could be that you have enrolled within 30 days. These benchmarks are essential to make sure you are on track.

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How can you ensure that you are neither pushing yourself too hard, and ensuring failure, or being too easy on yourself, and risking boredom and giving up?

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[illegible]

Goal 3:

A. Motives

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- ◆ Does this goal help you be the best version of you?

Write in your Motives for this goal: (if additional space is required you may use a separate sheet of paper.)

[illegible]

B. Impacts

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Think about the impact of this goal. The following questions may help you consider this:

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- ◆ How would achieving this goal affect the lives of my family, friends, and co-workers?
- ◆ Who would achieving this goal improve my neighborhood and community?
- ◆ How would achieving this goal improve America?

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- ◆ Are there specific people who have experience in what you want to accomplish that you can reach out to?

Write in concrete daily, weekly, monthly, and one-time Strategies to achieve your Goal:

(if additional space is required you may use a separate sheet of paper.)

Goal	Occurrence (i.e. Daily, Weekly, Monthly, One-Time)

D. Obstacles & Solutions

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Write down potential obstacles to this goal, and specify the ways you might overcome them.

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[illegible]

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[illegible]

Goal 4:

A. Motives

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- ◆ Is the pursuit of this goal enjoyable, stimulating or satisfying?
- ◆ Is this goal part of a deeply felt personal dream?
- ◆ Does this goal help you be the best version of you?

Write in your Motives for this goal: (if additional space is required you may use a separate sheet of paper.)

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B. Impacts

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Think about the impact of this goal. The following questions may help you consider this:

- ◆ How would achieving this goal change the way that you see yourself?
- ◆ How would other parts of your personal life change, in consequence?
- ◆ How would this affect the way that others perceive you?
- ◆ Are you afraid to succeed at this goal? [Sometimes people are afraid to succeed because of the responsibility that comes with success. Sometimes people are even afraid to think about goals because then they would be aware when they fail. But not creating goals out of fear is a definite way to fail in life.]
- ◆ How would achieving this goal affect the lives of my family, friends, and co-workers?
- ◆ Who would achieving this goal improve my neighborhood and community?
- ◆ How would achieving this goal improve America?

Write in the Impacts of this Goal: (if additional space is required you may use a separate sheet of paper.)

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C. Strategies

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- ◆ Are there specific people who have experience in what you want to accomplish that you can reach out to?

Write in concrete daily, weekly, monthly, and one-time Strategies to achieve your Goal:

(if additional space is required you may use a separate sheet of paper.)

Goal	Occurrence (i.e. Daily, Weekly, Monthly, One-Time)

D. Obstacles & Solutions

Even people with the best of intentions can be sidetracked by obstacles. Maybe it is transportation, money, time or lack of education. Be honest about potential obstacles and think about ways to overcome these obstacles.

The following questions might help you in brainstorming about obstacles and solutions:

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Do you procrastinate? How can you overcome this?

Do you get easily distracted by TV, social media, YouTube, and your phone? How can you overcook this?

Think of realistic and worst-case scenarios. What are your options? What are your alternative plans?

Write down potential obstacles to this goal, and specify the ways you might overcome them.

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E. Monitoring Progress

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How can you ensure that you are neither pushing yourself too hard, and ensuring failure, or being too easy on yourself, and risking boredom and giving up?

Your benchmarks should be personal indicators of success. It doesn't matter what others may think defines progress towards your goal.

Write down the benchmarks that will help ensure that you will be successful.

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Goal 5:

A. Motives

Be honest to yourself about why you want to achieve this goal. Lying to yourself or others will doom your attempt to achieve it. You might want to consider the following:

- ◆ Do you truly believe that pursuing this goal is important?
- ◆ Would you feel ashamed, guilty or anxious if you didn't?
- ◆ Do you want to achieve this goal personally, or are you doing it to please someone else? (It is often a good thing to do something for someone else, but you should know when you are doing that.)
- ◆ Are you pursuing this goal because you have to? Would you avoid it if you could?
- ◆ Is the pursuit of this goal enjoyable, stimulating or satisfying?
- ◆ Is this goal part of a deeply felt personal dream?
- ◆ Does this goal help you be the best version of you?

Write in your Motives for this goal: (if additional space is required you may use a separate sheet of paper.)

[illegible]

B. Impacts

Our goals affect how we live and the journey of our life. Our goals also affect our friends and family. Our goals also affect the broader community and even the nation and world.

Think about the impact of this goal. The following questions may help you consider this:

- ◆ How would achieving this goal change the way that you see yourself?
- ◆ How would other parts of your personal life change, in consequence?
- ◆ How would this affect the way that others perceive you?
- ◆ Are you afraid to succeed at this goal? [Sometimes people are afraid to succeed because of the responsibility that comes with success. Sometimes people are even afraid to think about goals because then they would be aware when they fail. But not creating goals out of fear is a definite way to fail in life.]
- ◆ How would achieving this goal affect the lives of my family, friends, and co-workers?
- ◆ Who would achieving this goal improve my neighborhood and community?
- ◆ How would achieving this goal improve America?

Write in the Impacts of this Goal: (if additional space is required you may use a separate sheet of paper.)

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C. Strategies

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The following questions may help to you think about developing concrete strategies:

- ◆ How are you going to work on your goal?
- ◆ When are you going to work on your goal?
- ◆ Where are you going to work on your goal?
- ◆ Do you need help or support to accomplish your goal?
- ◆ Do you need training to accomplish your goal?
- ◆ Are there specific people who have experience in what you want to accomplish that you can reach out to?

Write in concrete daily, weekly, monthly, and one-time Strategies to achieve your Goal:

(if additional space is required you may use a separate sheet of paper.)

Goal	Occurrence (i.e. Daily, Weekly, Monthly, One-Time)

D. Obstacles & Solutions

Even people with the best of intentions can be sidetracked by obstacles. Maybe it is transportation, money, time or lack of education. Be honest about potential obstacles and think about ways to overcome these obstacles.

The following questions might help you in brainstorming about obstacles and solutions:

How might you interfere with your own plans? How can you ensure this won't happen

Sometimes change is threatening to people we know and love. Will the people you know help you, or interfere? How can you communicate with them, so that they will support you?

Do you procrastinate? How can you overcome this?

Do you get easily distracted by TV, social media, YouTube, and your phone? How can you overcook this?

Think of realistic and worst-case scenarios. What are your options? What are your alternative plans?

Write down potential obstacles to this goal, and specify the ways you might overcome them.

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E. Monitoring Progress

We need to know, concretely, whether or not we are making progress towards the attainment of our goals. This is not an easy task, but it is key to making your goal happen. A “benchmark” is a specific, concrete sub goal that you can use to measure how well and quickly you are moving towards a specific goal. For example, if you want to obtain a GED and the first step is to enroll in a class, a benchmark could be that you have enrolled within 30 days. These benchmarks are essential to make sure you are on track.

The following questions might help you creating benchmarks and to track your success:

When would you like to achieve this goal? Be specific. Even if you have to revise a deadline later, it is still better to set one.

What sorts of things will you accept as evidence that you are making progress towards your stated goal?

How often are you going to monitor your own behavior?

How will things in your life have to change, measurably, for you to feel satisfied in your progress?

How can you ensure that you are neither pushing yourself too hard, and ensuring failure, or being too easy on yourself, and risking boredom and giving up?

Your benchmarks should be personal indicators of success. It doesn't matter what others may think defines progress towards your goal.

Write down the benchmarks that will help ensure that you will be successful.

(if additional space is required you may use a separate sheet of paper.)

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Goal 6:

A. Motives

Be honest to yourself about why you want to achieve this goal. Lying to yourself or others will doom your attempt to achieve it. You might want to consider the following:

- ◆ Do you truly believe that pursuing this goal is important?
- ◆ Would you feel ashamed, guilty or anxious if you didn't?
- ◆ Do you want to achieve this goal personally, or are you doing it to please someone else? (It is often a good thing to do something for someone else, but you should know when you are doing that.)
- ◆ Are you pursuing this goal because you have to? Would you avoid it if you could?
- ◆ Is the pursuit of this goal enjoyable, stimulating or satisfying?
- ◆ Is this goal part of a deeply felt personal dream?
- ◆ Does this goal help you be the best version of you?

Write in your Motives for this goal: (if additional space is required you may use a separate sheet of paper.)

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B. Impacts

Our goals affect how we live and the journey of our life. Our goals also affect our friends and family. Our goals also affect the broader community and even the nation and world.

Think about the impact of this goal. The following questions may help you consider this:

- ◆ How would achieving this goal change the way that you see yourself?
- ◆ How would other parts of your personal life change, in consequence?
- ◆ How would this affect the way that others perceive you?
- ◆ Are you afraid to succeed at this goal? [Sometimes people are afraid to succeed because of the responsibility that comes with success. Sometimes people are even afraid to think about goals because then they would be aware when they fail. But not creating goals out of fear is a definite way to fail in life.]
- ◆ How would achieving this goal affect the lives of my family, friends, and co-workers?
- ◆ Who would achieving this goal improve my neighborhood and community?
- ◆ How would achieving this goal improve America?

Write in the Impacts of this Goal: (if additional space is required you may use a separate sheet of paper.)

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C. Strategies

Having a goal is a great first step. But dreaming of a goal will not make it happen. To achieve the goal, you need to specific concrete strategies to make them happen. For example, if you want to obtain a GED, you need to enroll in a class, study, and take the test. Some of these strategies may be something you do each day (for example, studying for the GED), or each week (for example, going to math class for the GED), or each month (for example, meeting with a study group for the GED), or some may include just a one-time event (i.e., taking the GED test).

The following questions may help to you think about developing concrete strategies:

- ◆ How are you going to work on your goal?
- ◆ When are you going to work on your goal?
- ◆ Where are you going to work on your goal?
- ◆ Do you need help or support to accomplish your goal?
- ◆ Do you need training to accomplish your goal?
- ◆ Are there specific people who have experience in what you want to accomplish that you can reach out to?

Write in concrete daily, weekly, monthly, and one-time Strategies to achieve your Goal:

(if additional space is required you may use a separate sheet of paper.)

Goal	Occurrence (i.e. Daily, Weekly, Monthly, One-Time)

D. Obstacles & Solutions

Even people with the best of intentions can be sidetracked by obstacles. Maybe it is transportation, money, time or lack of education. Be honest about potential obstacles and think about ways to overcome these obstacles.

The following questions might help you in brainstorming about obstacles and solutions:

How might you interfere with your own plans? How can you ensure this won't happen

Sometimes change is threatening to people we know and love. Will the people you know help you, or interfere? How can you communicate with them, so that they will support you?

Do you procrastinate? How can you overcome this?

Do you get easily distracted by TV, social media, YouTube, and your phone? How can you overcook this?

Think of realistic and worst-case scenarios. What are your options? What are your alternative plans?

Write down potential obstacles to this goal, and specify the ways you might overcome them.

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E. Monitoring Progress

We need to know, concretely, whether or not we are making progress towards the attainment of our goals. This is not an easy task, but it is key to making your goal happen. A “benchmark” is a specific, concrete sub goal that you can use to measure how well and quickly you are moving towards a specific goal. For example, if you want to obtain a GED and the first step is to enroll in a class, a benchmark could be that you have enrolled within 30 days. These benchmarks are essential to make sure you are on track.

The following questions might help you creating benchmarks and to track your success:

When would you like to achieve this goal? Be specific. Even if you have to revise a deadline later, it is still better to set one.

What sorts of things will you accept as evidence that you are making progress towards your stated goal?

How often are you going to monitor your own behavior?

How will things in your life have to change, measurably, for you to feel satisfied in your progress?

How can you ensure that you are neither pushing yourself too hard, and ensuring failure, or being too easy on yourself, and risking boredom and giving up?

Your benchmarks should be personal indicators of success. It doesn't matter what others may think defines progress towards your goal.

Write down the benchmarks that will help ensure that you will be successful.

(if additional space is required you may use a separate sheet of paper.)

[illegible]

Goal 7:

A. Motives

Be honest to yourself about why you want to achieve this goal. Lying to yourself or others will doom your attempt to achieve it. You might want to consider the following:

- ◆ Do you truly believe that pursuing this goal is important?
- ◆ Would you feel ashamed, guilty or anxious if you didn't?
- ◆ Do you want to achieve this goal personally, or are you doing it to please someone else? (It is often a good thing to do something for someone else, but you should know when you are doing that.)
- ◆ Are you pursuing this goal because you have to? Would you avoid it if you could?
- ◆ Is the pursuit of this goal enjoyable, stimulating or satisfying?
- ◆ Is this goal part of a deeply felt personal dream?
- ◆ Does this goal help you be the best version of you?

Write in your Motives for this goal: (if additional space is required you may use a separate sheet of paper.)

[illegible]

B. Impacts

Our goals affect how we live and the journey of our life. Our goals also affect our friends and family. Our goals also affect the broader community and even the nation and world.

Think about the impact of this goal. The following questions may help you consider this:

- ◆ How would achieving this goal change the way that you see yourself?
- ◆ How would other parts of your personal life change, in consequence?
- ◆ How would this affect the way that others perceive you?
- ◆ Are you afraid to succeed at this goal? [Sometimes people are afraid to succeed because of the responsibility that comes with success. Sometimes people are even afraid to think about goals because then they would be aware when they fail. But not creating goals out of fear is a definite way to fail in life.]
- ◆ How would achieving this goal affect the lives of my family, friends, and co-workers?
- ◆ Who would achieving this goal improve my neighborhood and community?
- ◆ How would achieving this goal improve America?

Write in the Impacts of this Goal: (if additional space is required you may use a separate sheet of paper.)

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C. Strategies

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- ◆ How are you going to work on your goal?
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- ◆ Are there specific people who have experience in what you want to accomplish that you can reach out to?

Write in concrete daily, weekly, monthly, and one-time Strategies to achieve your Goal:

(if additional space is required you may use a separate sheet of paper.)

Goal	Occurrence (i.e. Daily, Weekly, Monthly, One-Time)

D. Obstacles & Solutions

Even people with the best of intentions can be sidetracked by obstacles. Maybe it is transportation, money, time or lack of education. Be honest about potential obstacles and think about ways to overcome these obstacles.

The following questions might help you in brainstorming about obstacles and solutions:

How might you interfere with your own plans? How can you ensure this won't happen

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Do you procrastinate? How can you overcome this?

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Think of realistic and worst-case scenarios. What are your options? What are your alternative plans?

Write down potential obstacles to this goal, and specify the ways you might overcome them.

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E. Monitoring Progress

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[illegible]

Goal 8:

A. Motives

Be honest to yourself about why you want to achieve this goal. Lying to yourself or others will doom your attempt to achieve it. You might want to consider the following:

- ◆ Do you truly believe that pursuing this goal is important?
- ◆ Would you feel ashamed, guilty or anxious if you didn't?
- ◆ Do you want to achieve this goal personally, or are you doing it to please someone else? (It is often a good thing to do something for someone else, but you should know when you are doing that.)
- ◆ Are you pursuing this goal because you have to? Would you avoid it if you could?
- ◆ Is the pursuit of this goal enjoyable, stimulating or satisfying?
- ◆ Is this goal part of a deeply felt personal dream?
- ◆ Does this goal help you be the best version of you?

Write in your Motives for this goal: (if additional space is required you may use a separate sheet of paper.)

[illegible]

B. Impacts

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How would achieving this goal affect the lives of my family, friends, and co-workers?

Who would achieving this goal improve my neighborhood and community?

How would achieving this goal improve America?

Write in the Impacts of this Goal: (if additional space is required you may use a separate sheet of paper.)

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C. Strategies

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(if additional space is required you may use a separate sheet of paper.)

Goal	Occurrence (i.e. Daily, Weekly, Monthly, One-Time)

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E. Monitoring Progress

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Write down the benchmarks that will help ensure that you will be successful.

(if additional space is required you may use a separate sheet of paper.)

[illegible]

ADVICE FOR SUCCESS AND CHANGING GOALS

People often worry themselves by constantly looking back at their goals, instead of just getting them done. It is easy to undermine yourself, by always questioning your aims and intentions. Am I doing the right thing? Have I chosen the correct goals? This leads to chronic worry and can be an obstacle to your success. Just put your head down and get it done.

Now that you have set goals, it is best to concentrate on a daily or weekly basis on doing the strategies instead of worrying about the goals themselves. It is just as important to stick to a plan, as it is to make a plan.

If you implement your goals, even if they are not perfect, you will learn enough to make better goals next time. As you continue to repeat the process, you will get wiser and wiser.

Set aside some time every week or two - no more than ten or twenty minutes - to think about how you are doing. You will gather all sorts of useful information that you can use to reconsider your plans, down the road.

Researchers have found that if someone performs goal-setting tasks many times over a long period, there is a greater chance of health and productivity improvements.

As a result, you might wish to engage in this sort of exercise on a regular basis, every four, six, or twelve months, as your situation changes.

RESET

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