

# Setting Goals and Solving Problems

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Efforts and courage are not enough  
without purpose and direction.

John F. Kennedy

# In the beginning:

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- Our goal was to answer 3 questions:
  - Who am I?
  - What do I want?
  - How do I get it?

# How do I get it?

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- Getting what you want differs from deciding what you want in one very important way: it requires action.
- It is easier to fantasize about your future rather than build it.
- We will devote the remaining part of the class to discussing the process of building your future.

# Tools for Solving Problems

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- According to The Road Less Traveled there are four tools/techniques:

# Delayed Gratification:

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- putting off the temporary joys of today in favor of lasting rewards in the future.
- difficult because the rewards of living only for the moment are more tangible.

# Accepting Responsibility:

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- the opposite of putting blame on others.
- Friends/parents/teachers

# Dedication to truth or reality:

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- wishful thinking has not shown to be effective.

# Balance:

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- which leads to flexibility
- It is important to live joyously in the moment – as long as you aren't being self-destructive by doing so.



# Setting Goals and Objectives:

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- A recipe for what you want:
- Goal: the end product you want to achieve with a certain amount of time. (Make cookies)
- Objective: like ingredients they are measurable. It is an action that will help you meet your goal.

# Always be ready for change:

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