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## Setting and Reaching Goals

Here is a worksheet to help both of you find ways to set goals and identify steps toward reaching those goals. Use the blank spaces to help each other brainstorm ways to achieve your individual goals.

Experiences I Might Want in My Life	What I Might Need to Know About	Ways I Could Find Out about These Things	What Else I Might Need to Make It Happen
To go to trade school, college, or university	<ul style="list-style-type: none"> <li>■ What I like to do</li> <li>■ What I'm good at</li> <li>■ What kinds of schools are available and their cost</li> <li>■ How to complete admission and loan applications</li> </ul>	<ul style="list-style-type: none"> <li>■ Ask people with interesting jobs to let me "shadow" them for a day</li> <li>■ Join clubs to find out what interests me</li> <li>■ Get help from a librarian or career counselor to find out about schools</li> </ul>	<ul style="list-style-type: none"> <li>■ A quiet place to study</li> <li>■ Someone to take me on a college tour</li> </ul>
To be a professional athlete	<ul style="list-style-type: none"> <li>■ What skills I need to play a particular sport</li> <li>■ What the sport's rules are</li> <li>■ How to stay motivated</li> <li>■ How to manage the money I make</li> <li>■ How the muscles of my body work</li> </ul>	<ul style="list-style-type: none"> <li>■ Take physical education classes and join sports teams</li> <li>■ Talk with coaches</li> <li>■ Read autobiographies of great sports figures</li> <li>■ Study math and accounting to learn about money management</li> </ul>	<ul style="list-style-type: none"> <li>■ Someone with a driver's license to give me rides to and from practice</li> </ul>

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