

3

MODULE

Goal Setting

Sticking to Your Goals

DISCUSSION STRATEGIES

Go to page 68.

Step 1

Get started



- A** Refresh your memory! Watch the *What You'll Learn* video.
- B** Look at the photo. How could it be related to sticking to goals? What do people need to do in order to stay committed to their goals?
- C** Check your understanding. Go to page 56.



Step ② Tell your story



A THINK In your online course, you thought about a goal you set for your career or personal life. Which strategies did you use to stick to your goal? Listen to the example.

B PAIRS Discuss your story.

C SHARE Tell your story to the class.

Step ③ Take away

A PAIRS Use your notes from the online module and the words in the box to complete the chart with the list of dos and don'ts for setting and sticking to your goals.

patient goals reward support values develop put off
demands results expectations dedicate inspire

DOs	DON'Ts
<ul style="list-style-type: none"> Choose goals that _____ or excite you. Set goals that align with your core _____. Stay _____, consistent, and positive. Set aside time to _____ to your goal. Get the tools, training, and _____ you need. _____ yourself when you achieve a major step. _____ routines and habits. 	<ul style="list-style-type: none"> Don't base your goals on others' _____. Don't _____ your tasks. Avoid procrastination. Don't set too many _____ for yourself at the same time. Don't expect quick _____. Don't let the _____ of other people distract you from your goals.

B GROUPS Compare your answers with another pair. Can you think of more DOs and DON'Ts?

Step ④ Activate your knowledge

A THINK Read the three scenarios about people setting goals. Then complete the chart.



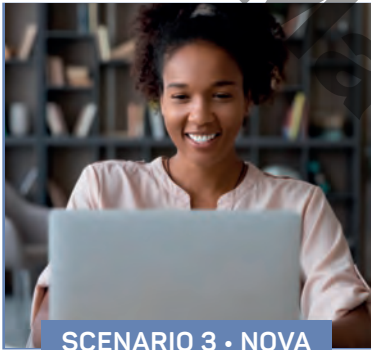
SCENARIO 1 • GRACE

Grace works at a company which does a lot of business with Spanish-speaking customers. As the executive assistant, she sometimes needs to talk to and build connections with them. Her Spanish is not so good, but she liked learning Spanish when she was at school, and she wants to improve. So, she found a Spanish language school close to her office and enrolled in a course. She invited a colleague to attend with her, and now they both dedicate two evenings a week to taking Spanish classes.






SCENARIO 2 • LEVI

Levi is a professional artist. His work is on display at a local gallery, but he doesn't get paid unless his work is sold. He needs to earn money more regularly to pay his bills. Mike, a friend of Levi's, designs T-shirts for different clothing stores and seems to get paid well. Levi asked him for advice to get started in that business, too. Mike suggested that Levi spend at least an hour a day with him for about two weeks so that Mike can show him how he operates his whole business: choosing suppliers, using the printing equipment, selling to retailers, and running his online store. They met three times, but then Levi got very busy with the digital marketing course he's taking three days a week to learn how to promote his art on social media. He postponed again because he teaches art to a group of economically disadvantaged children, and he got busy with them. Then he had to attend events at the gallery and work on some new pieces of his own. He doesn't know when he'll be able to meet with Mike next.



SCENARIO 3 • NOVA

Nova is an animator working on the visual effects team at an advertising agency. She is quite creative and artistic, but she needs to improve some of her technical skills to **keep up with** the **advancements** in technology. She has to learn how to use software for **3D** animation. To that end, she's been taking classes for about a month. She knows it's going to take several more months to learn the software because it's very complicated. However, she's very happy to be learning something new and improving her skills as an animator. She's promised herself a nice vacation once she's produced her first 3D animation.

	What was her/his goal?	Why did she/he want to achieve it?
Grace 		
Levi 		
Nova 		

B PAIRS Read the scenarios again. Did they stay committed to their goals? If yes, how? If not, why not? Discuss.

C GROUPS Compare your answers with another pair.

Step ⑤ Project

A PAIRS In your online course, you focused on your professional and personal life goals and took notes on how you will stay committed. Present your goals and plans to your partner. Read the example.

I'm working as a lab technician, but my career goal is to become a full-time writer. To stay committed to this goal, I will work on freelance writing projects to help build up my portfolio. Instead of feeling demotivated by the feedback I receive on these projects, I will use it to focus on what I need to do to improve my writing skills. I'll look for and attend writing workshops near me and mark those dates on my calendar. I will spend time every evening reading books by writers who inspire me.

B SHARE Discuss your notes with the class.

Step ⑥ Talk!

PAIRS Look at the life goals people want to achieve. Then discuss the questions.

LIFE GOALS

 <p>1. Find purpose in life</p>	 <p>5. Have a meaningful career</p>
 <p>2. Be healthy and fit</p>	 <p>6. Lead an adventurous life</p>
 <p>3. Have strong relationships</p>	 <p>7. Travel the world</p>
 <p>4. Have financial freedom</p>	 <p>8. Contribute to society</p>

- Why do you think these are the most popular goals?
- Which ones would you choose for yourself? Why?
- Are there any others you would add? Which ones?

Step ⑦ Going forward



A PAIRS In your online course, you reflected on how you could improve your goal setting after studying more about sticking to goals. Discuss. Listen to the example.

B SHARE Present your ideas to the class.



VOCABULARY PRACTICE

Go to page 76.



I can describe specific strategies for staying committed to my goals.



Check your understanding 3

**REFRESH
YOUR
MEMORY!**

Review the Online
Course material in
your Resources.

Choose the best answers. More than one answer may be correct in some items.

- 1** What question should you ask yourself when setting a goal?
 - a Why is this goal important to me?
 - b How does this goal relate to my personal ambitions?
 - c Who will reward me for working toward this goal?
- 2** Why is it important to set and commit to goals?
 - a It helps you complete many tasks at once.
 - b It helps you stay focused on what is important.
 - c It makes you feel confident and resilient.
- 3** What are some common actions that make it difficult to stay committed to goals?
 - a creating an overwhelming situation by setting too many goals
 - b not setting enough goals to get excited about them
 - c putting off tasks because they feel scary or overwhelming
- 4** If you are too busy to make time for goals, you should _____.
 - a put the goal off until a later date when you might have time
 - b try to drop one activity to make time for your goal
 - c schedule regular time into your calendar to work toward the goal
- 5** It helps to talk about your goal with someone else because that person can _____.
 - a help you remember to work toward your goal
 - b motivate you by working together with you
 - c help you determine what the goal should be
- 6** When you achieve a step toward your goal, what should you do?
 - a Move quickly on to the next step on your list.
 - b Pause to complete any tools and training you need.
 - c Reward yourself for the accomplishment as a way to stay motivated.
- 7** Celine has several goals that she wants to achieve. She wants to get her business degree, learn a second language, and get a full-time job. To achieve her goals, Celine needs to _____.
 - a list the goals in order of priority and not try to focus on all of them at once
 - b list the steps needed for each goal and work on them simultaneously
 - c make sure the goals align with the vision she has for her life
- 8** Peter works as a sales assistant. He works full-time on weekdays, and on weekends he spends time with friends. Peter wants to get a degree in education and become a teacher. He has the application forms for a few graduate programs, but he hasn't filled them in yet. Which strategies might help Peter commit to his goal?
 - a He can get tools and training before he fills in the applications.
 - b He can try blocking off time on his calendar to fill out the applications.
 - c He should talk to a friend or family member who could help support and encourage him.
- 9** Beth wants to become a translator. She knows three different languages and she is studying a fourth. She has put together a portfolio of articles that she has translated, and she has identified some companies where she might like to work. She has set a schedule to work on her résumé and job applications. Which statement is true about Beth's situation?
 - a She will likely be successful because she has set practical, achievable goals.
 - b She might get overwhelmed because she has set too many goals for herself.
 - c She needs to stop procrastinating if she wants to achieve her goal.
- 10** Juan has just graduated from university with a degree in graphic design. He is having trouble deciding what kind of job he should apply for. His father is insisting that he be a website designer for a large corporation, but Juan thinks he might be happier working for a smaller design firm. Which statement is true about Juan's situation?
 - a His father's support will help Juan achieve his goal.
 - b Juan needs to figure out what goal aligns with his vision for himself.
 - c If Juan puts off working toward a goal, he can figure out what he wants.