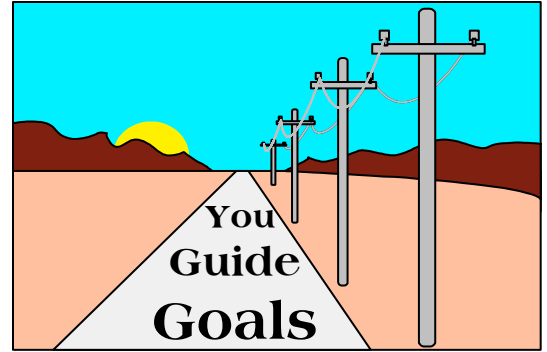


# My Goals

Goals guide  
your life!



RANK	GOAL I want to . . . I will . . . I need to . . .	TARGET DATE	TOTAL COST	COST/ MONTH	HOW I WILL ACHIEVE IT
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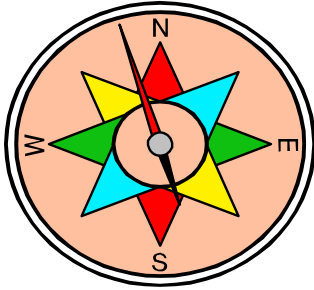
## SHORT TERM - 1 TO 6 MONTHS

3	<i>Example: I will buy a used refrigerator.</i>	<i>6 months from now</i>	<i>\$120</i>	<i>\$20</i>	<i>Cook at home rather than eating fast food.</i>

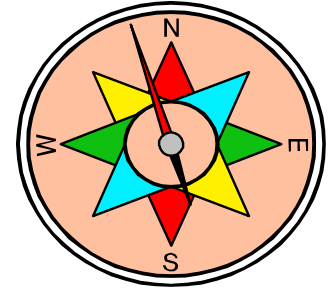
## MEDIUM TERM - 7 TO 12 MONTHS


## LONG TERM - OVER 1 YEAR


Getting started: Sit down with the other members of your household and decide what goals you want to reach. Then decide how important each goal is and rank them in priority order. If all household members agree on what is the most important, they will be more eager to work at reaching each goal. From time to time, look at your goals to see if they are still important to everyone.



# Reaching My Goals



## Step 1: Write down your goal.

Clearly identify your goal. Be as detailed as possible! The target you want to reach is more clear when the goal is specific.

*Example:*

*General Goal - "I want to get a job."*

*Specific Goal - "I want to get a job within 6 months that helps me support my family."*

## Step 2: Price your goal.

How much money, time, and energy will it need? How much are you willing to give up to reach this goal?

*Example:*

*Cost - "This job training class costs \$1,000. I need a bus pass at \$30 per month for 3 months for a total of \$90. I also need to buy work boots and tools at a cost of \$450. All together I need \$1,540 to take this class so I will learn the job skills I need to get and keep a job."*

## Step 3: Develop a plan to reach your goal.

In order to reach you goal you must have a plan. This may include: a.) saving money; b.) increasing income; c.) or reducing your expenses. Decide what you need to reach the goal. Then, write down all the possible options you could take to reach it.

*Example:*

*Resources - Second job, cook at home, quit smoking and drinking*

*Options - "I can ask about financial aid to help pay for the class, answer ads in the newspaper, talk to my counselor at DPSS, etc."*

## Step 4: Commit to the goal.

Set a realistic target date to reach your goal. Then, commit to a plan that will help you reach your goal. The key to success is sticking with your plan.

*Example:*

*"I will get a job in 6 months by finishing this class and using the county job placement services to find a job."*

## Step 5: Review your plan.

Take time to review your goal every so often to make sure that it is still realistic and something you still want to achieve. A goal can be changed along with way. It is all about what you want!