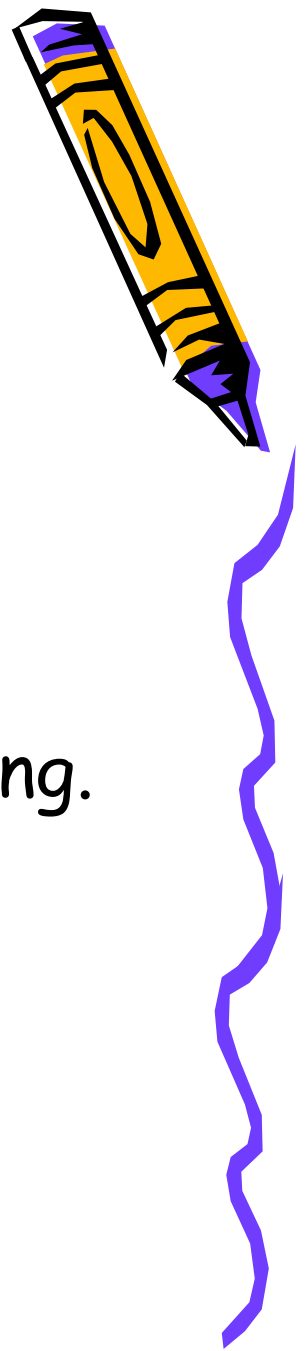




Developing a Long Time Plan!

Objectives for today's lesson:

- Objective 1: The student will define motivation and goal setting and their influence on success.
- Objective 2: The learner will identify characteristics of successful goal setting.
- Objective 3: The learner will create a long-time plan related to their occupational objective.



Objective 1: The student will define motivation and goal setting and their influence on success.



What is motivation?

- Motivation is the combination of desire, values, and beliefs that drives you to take action. Because you ultimately control your values, beliefs, and desires, you can influence your motivations.



Objective 1: The student will define motivation and goal setting and their influence on success.



What is goal setting?

- Goal setting is defined as setting short or long term objectives that define exactly what he or she would like to achieve.



Objective 1: The student will define motivation and goal setting and their influence on success.
What is success?

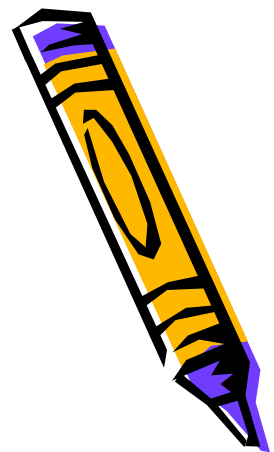
- Success is the merger of motivation and goals.

Motivation + Goals = Success

"The elevator to success is out of order.

You'll have to use the stairs... one step at a time."

- Joe Girard -



Objective 2: The learner will identify characteristics of successful goal setting.

What are the five characteristics of goal setting?



Five Characteristics of Goal Setting



All goals should:

- Be realistic; based on your abilities and circumstances.
- Be possible. Don't establish constraints that make the realistic, unrealistic (time constraints, for example).



Objective 2: The learner will identify characteristics of successful goal setting.

- Be flexible; anticipate bumps in the road and expect to work around them.
- Be measurable. Have a target in mind so you know when you have reached your goal.
- Be under your control. Set your own goals based on your values, interests, and desires. Target things where you can control the outcome.



Objective 2: The learner will identify characteristics of successful goal setting



- Please complete the goals section at the top of your long time plan!



Objective 3: The learner will create a long-time plan related to their occupational objective.



- Please complete the remainder of the long time plan. Why is this plan important?
- Great job today!

