**Accomplishing Goals/Goal Setting**

1. Why is it important to set goals and make plans?

That way you can have plans when you are on your own and can make a living

1. When should a person start to set goals? Before they finish high school
2. What helps a person reach their goals?

Go to school and study what they want to be if it were a job or if you play a sport and want to learn more about it.

1. Why do people write down their goals and plans?

To keep in mind that they need to keep trying and not give up

1. How can you make sure you reach your goals?

Keep pushing yourself to

1. What help can you get to reach your goals?

Have someone teach you about what you want to do

1. Who can help you reach your goals?

Parents best friends

1. What aptitudes and abilities are needed to to reach your goals?

Aptitude should be positive smart and friendly,and honest Abilities should be whatever you need for that job

1. Do you have those aptitudes and abilities?

Yes i do

1. What is achieving these goals important to me?

It could give me a good job

1. Are my goals attainable?

Yes

1. What traits or abilities are hindering me from achieving my goals?

None but if there were one it would probably be other coworkers

## What needs to happen for me to really commit?

It has to be something that i like

## What's the biggest goal that you could achieve this year? How about this month? This week? Make the high school hockey team and this month was good grades

1. In what ways are my goals consistent with my values and morals? I am not sure