



# Dream Connect

A division of Mending Broken Pieces, Inc.

## Goal Setting

### A weapon for mapping out your “Dreams.”

In this exercise, goal setting is a weapon, as a weapon, goal setting is you’re “means of gaining an advantage” that “increase the efficiency of your activities [efforts]” so that you can turn what you desire [dream] to achieve for your career/profession into reality.

Through this exercise you will create a map and identify the activities that will increase the efficiency of your efforts and keep you motivated as you pursue your long-term goal (s).

#### **Steps for creating your goal setting weapon.**

**Step 1:** Write your long-term goal for your career/profession below, make it positive.

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**Step 2:** List the steps you will take (behaviors & activities) to gain an advantage in your career/profession?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Step 3:** List the steps you will take to increase the efficiency (decrease waste) of your activities (efforts) to advance in your career/profession?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

A short-term goal is what you want to accomplish now, they help you think about what you can do right away. They also help you manage your time and resources so that you can remain focus on your long-term goal.

Short-term goals are the ammunition that gives the goal setting weapon its power.

**Step 4:** List the steps you will take in 2021 & 2022 to reach your two short-term goals:

**Goal 1:** \_\_\_\_\_  
\_\_\_\_\_



Steps:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

Goal 2: \_\_\_\_\_  
\_\_\_\_\_

Steps:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

