**GOAL SETTING**In order for you to get results, you first need to know your outcome. You need to give your brain a clear picture of exactly what you want to accomplish -your goals.  
The unconscious mind is constantly processing information in such a way as to move us in a particular direction. When the mind has a defined target, it can focus and direct and refocus and redirect until it reaches its intended goal. You can't reach a target if you don't know what it is.  
  
**Goal setting exercise:**  
Please complete the following questions. When setting your goals you must keep the following in mind (SMART Goals):  
1. Be **SPECIFIC**- state exactly what you want to accomplish.  
2. Make it **MEASURABLE**- Can you put a number on it or measure the quantity in some form?  
3. Make it **ATTAINABLE**- Be in control. Your outcome must be initiated and maintained by you.

4. Make it **REALISTIC**- Remain positive and set high expectations, but make it realistic to where it will be impossible to fail if you take repetitive action.  
3. Make it **TIMED**- Set a time deadline by when you must accomplish your goal.

**1. Pick two areas of your assessment tests that you want to improve. What are they?**

**2. Write a goal that you can accomplish by the end of this semester for those two areas. Make them SMART (Specific, Measurable, Attainable, Realistic, and Timed)**

**Goal 1:**

**-Write down WHY you will absolutely achieve this goal within the next year:**

**Goal 2:**

**-Write down WHY you will absolutely achieve this goal within the next year:**

**3. Describe the kind of person you would have to be to attain your goals. What qualities and character traits you would need to have as a person in order to achieve all that you desire.**

**4. What qualities do you already have?**

**5. What prevents you from achieving your goals now? What obstacles may you face?**

**6. What determines whether we succeed in achieving our outcomes is our actions. To guide our actions, we must create a step-by-step plan. Write down three actions you can take on each of your goals to create the outcome you want.**

**Goal 1:**

**Action 1  
Action 2  
Action 3**

**Goal 2:**

**Action 1**

**Action 2  
Action 3**

**11. What would your life be like after you’ve accomplished these goals?**

Do one thing on your list everyday, until it becomes a habit and you will learn to not procrastinate and do things that are important to you. Working on changing our behavior is like working on our muscles. When you work out slowly every day, you build your muscles and increase your capacity to do work. Do the same with your mind, work out every day until it becomes stronger and your behavior changes to allow you to reach your goals. Start now, and go do one thing that you have been putting off.

Visit this website: **http://www.success.com/articles/1071----------the-compound-effect**

**WHO'S TO BE MASTER OF YOUR LIFE?  
Sometimes if you want to see a change for the better,  
you have to take things into your own hands.  
Once you decide to be at the level of choice,  
you take responsibility for your life and gain control of it.  
If you don't run your own life, someone else will.  
  
You're in control of your life  
to the degree that you make the decisions.  
If you let others make decisions for you,  
you have no control.  
When you control the decisions,  
you control the actions.  
  
Take charge of your life.  
You don't have to ask permission of other people.  
Don't give someone veto power over your life.  
  
If not you, then who?  
If not now, then when?**