

# Setting goals: Making a map for success

By ThoughtCo.com, adapted by Newsela staff on 12.10.19

Word Count 465

Level 560L



Image 1. Goals are not made only in soccer. Everybody sets goals. They help us focus on what we need to move forward! Photo from Getty.

Setting goals is important in life. It helps us stay focused. By setting goals, a person can plan how to move forward. For example, students might want to get their homework done by Sunday night. They will set a goal to make this happen. Now with a goal set they need to plan. They must think of all the other things they do on Sunday. This helps them plan their time for Sunday. Students can plan around the other things they usually do.

Setting goals is like making a map for success. It is important to have a clear goal. But without a plan for getting there, you might wander off track.

It is never a bad time to get started setting goals. So what is the best way to reach them?

## Setting Goals Like A P-R-O

There are three words to keep in mind when you set goals. The words are "positive," "realistic" and "objectives."

### Be Positive

There are many books about positive thinking. Many people believe it is one of the keys to success. Positive thinking means focusing on the good and staying hopeful. This keeps you on track toward your goals. It also prevents you from holding yourself back.

When you set goals, think positive thoughts. Do not use words like "I will not fail at math." That will only keep the idea of failure in your head. Instead, use positive language. Tell yourself things like, "I will work hard and get a good grade in math."



### **Be Realistic**

Do not set goals that are not realistic. That is only setting yourself up to fail. If you set a goal that is too big, you will probably not make it. Then you will feel bad about yourself.

If you fail a test, it is not the end of the world. You can still do better on the next test. But that does not mean you should set a goal of getting an "A" in the class. Set goals that you know are possible.

### **Set Objectives**

Objectives help you reach your goals. They are the steps that help keep you on track.

A set of objectives might look like this:

Goal - Getting a good grade in math class.

Objective 1 - I will review my lessons.

Objective 2 - I will study every Wednesday.

Objective 3 - I will mark future tests in my planner. That way I do not forget about them.

Your objectives must be detailed. They should be easy to measure, too. When you set goals and objectives, be sure to include a time limit.

## Quiz

- 1 Read the section "Be Positive."
- Select the sentence below from the section that explains an example of how to think more positively.
- (A) There are many books about positive thinking.
  - (B) Many people believe it is one of the keys to success.
  - (C) It also prevents you from holding yourself back.
  - (D) Tell yourself things like, "I will work hard and get a good grade in math."
- 2 Which sentence from the section "Be Realistic" explains WHY people should not set goals that are too high?
- (A) Do not set goals that are not realistic.
  - (B) That is only setting yourself up to fail.
  - (C) If you fail a test, it is not the end of the world.
  - (D) You can still do better on the next test.
- 3 Finish the sentence below.
- One MAIN idea of the article is that:
- (A) People can do better in math by believing in themselves.
  - (B) Negative thinking can cause people to fail to reach their goals.
  - (C) People should create plans for reaching their goals.
  - (D) To do better in school, people should write test dates in planners.
- 4 What is the MAIN idea of the section "Set Objectives"?
- (A) Setting aside one day a week to study is enough to pass a class.
  - (B) Objectives must include many details in order to help you reach goals.
  - (C) Students who fail tests should not make their next goal be to get an "A."
  - (D) Goals are easier to reach when people follow clear steps.