



Name: \_\_\_\_\_

Hour: \_\_\_\_\_

# VIDEO WORKSHEET

## Review:

After watching “Goal Setting: Discovering Your Gifts”, answer the following review questions.

1. What is the “obvious” goal setting secret?

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2. What are the five steps to goal setting?

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3. T or F: If you don’t write a goal down, it’s like it doesn’t exist.

4. Why is it important to write goals down?

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5. What are some of the obstacles the students in the video experienced? Make a list.

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6. T or F: The more ambitious your goal, the less help you'll need.

7. List some people the students in the video reached out to for help in achieving their goals:

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8. What does Jamie Hepp of Team TAG say is the most important people skill?

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9. What does it mean to make a plan of action?

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10. T or F: Specific dates of achievement make a goal real.

11. Complete this saying: "If you fail to plan, \_\_\_\_\_."



4. Why is it important to write goals down?

**Answers may vary.**

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**Example: It solidifies the goal as something for which the individual is willing to work. It increases the desire to achieve it.**

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5. What are some of the obstacles the students in the video experienced? Make a list.

**Time consuming, giving up time with friends, learning new information, practice, fatigue, gaining entrance to universities, stage fright, technical difficulties**

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6. T or F: The more ambitious your goal, the less help you'll need.

7. List some people the students in the video reached out to for help in achieving their goals:

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8. What does Jamie Hepp of Team TAG say is the most important people skill?

**Organ teacher, counselors, acting and singing friends, Olympic medalists, field professionals, mother and father, siblings, horse trainer**

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9. What does it mean to make a plan of action?

**Plan out all the steps between where you are now and reaching your goal. Make a specific timeline with dates by which your goal will be achieved. Write it all down.**

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10. T or F: Specific dates of achievement make a goal real.

11. Complete this saying: "If you fail to plan, **You plan to fail.**"