

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?

2. What are the five steps to goal setting?

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?

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

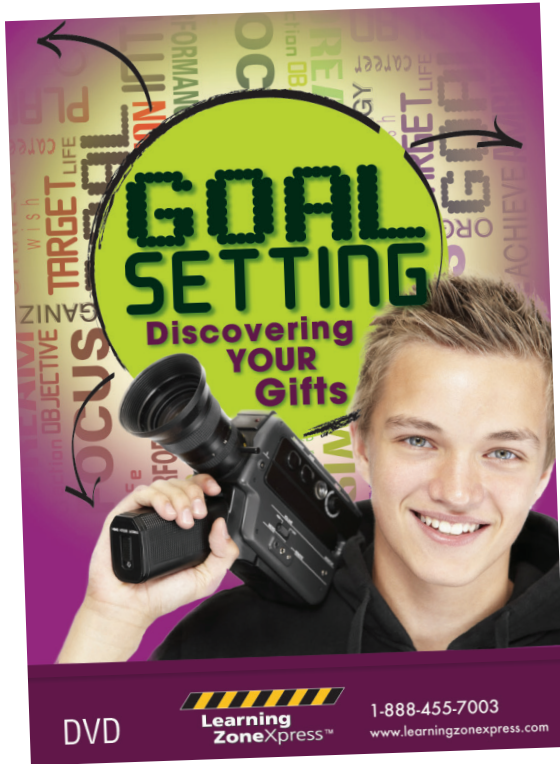
6. T or F: The more ambitious your goal, the less help you'll need.

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

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

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

10. Complete this saying: "If you fail to plan, _____."



ANSWER KEY

Review:

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

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

You can't reach a goal unless you set a goal.

2. What are the five steps to goal setting?

Identify your goal and write it down

List your obstacles

Identify individuals and groups to work with

Identify skills you need to reach your goal

Make a plan of action

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?

Answers may vary.

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

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

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:

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

8. 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.

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

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