

# Goals Layperson

## Talk #1

Friday

Length of Talk: **20 Minutes**

**PURPOSE:** The goals talk is strictly secular and the only one not to mention God. The residents are encouraged to look at their old goals, present goals and establish new ones for the future. The need to prepare the soil for purposeful and meaningful goals is established for the remainder of the talks to sow the seed.

### **I. What is a Goal?**

1. A goal is a model or a pattern I choose, and usually chose by the individual.
  - List some good, some bad and some mediocre goals.
  - Example of each goal in my life or someone else.

### **II. Characteristics of Goals.**

1. Long-term goals are a combination of hopes, dreams, visions, plans, ideas and convictions that direct us throughout our lives.
2. Short-term goals can be influenced by immediate desires and tend to change as we mature.
3. Explain how goals may conflict, causing confusion, disappointment, loss of appeal and sometimes abandoning a specific goal.

### **III. Importance of Goals.**

1. Explain how we may have to grow into a specific goal. (Ex. School work in first grade versus senior in high school)
2. We have the freedom to choose any goal we want.
3. You may list examples, personal or others.

### **IV. Changing goals is possible for the duration of our life on earth.**

1. Goals may initially be self centered to the point of being selfish.
2. We will now turn to goals that involve others and for our growth.
3. You may list examples, personal or others.

### **V. How do I set my goals?**

1. Goals must be set high enough to make you stretch to attain them.
2. They must not be set so high they can never be attained.
3. You may use examples.

### **VI. How do I know what my goals are now?**

1. How do I spend my time?
2. How do I spend my money?
3. What do I think about?
4. These questions determine what my goals are today.

**VII. What kind of person do I want to be and what are my goals?**

1. Set your goals for the type of person you desire to become.
2. Keep focusing and working on the person you want to become.
3. Consider your life. Where are you headed? Do you have purpose in your life?

Focus on determining your life's purpose?