



## **Outline Your Goals to Make Them Come True**

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With the school year upon us, many commitments to school organizations are being made.

Academics, athletics, band, chorus – you name it. Even jobs to raise money for college come into play during high school. It can be a challenging time.

How do teens make commitments to so many things and leave room to experience the joys of being a high school student?

By demonstrating and encouraging proper goal-setting, parents can help them balance and prioritize their lives.

As our children mature into high school sports and begin to understand what strategy and competition in sports mean, lifelong habits are formed. By teaching how to set goals, parents can help make high school sports experiences positive – win or lose.

Because some high school student-athletes dream of competitive opportunities beyond high school, they say they'll do whatever it takes to realize those dreams. For most kids that's all those hopes amount to – unfulfilled dreams.

Why? Ninety-eight percent of all people don't set realistic, achievable goals, so they end up going around in circles like a boat without a rudder.

It's no coincidence all great leaders, in all walks of life and throughout history, has accomplished what they did by applying their abilities toward their goals.

Thomas Edison focused on scientific inventions, and is especially famous for inventing the light bulb. Alexander Graham Bell focused on inventing the telephone. In sports, after being cut from his high school basketball team, Michael Jordan focused on being the best basketball player who ever lived and ended up leading his Chicago Bulls teams to six NBA championships.

Working to meet goals develops self-confidence, initiative, imagination, enthusiasm, self-discipline and concentration of effort. Focusing on goals helps young people budget their time and plan their schedule. Continued commitment to our goals helps us overcome

adversity and procrastination, and reaching a goal gives an unparalleled sense of accomplishment and a healthy, positive self esteem.

So how do you decide what is “goal-worthy”? Do you just pick something to shoot for and then call that a goal?

It’s not that simple. Let’s face it, if it were that simple, there would be more successful people.

Goals come from dreams, from ideas and role models, and if not developed carefully, they can easily go awry. Here’s how to keep goals attainable:

- Pick one goal on which to focus, and write it out in a complete and clear manner. Unwritten goals rarely materialize. Commit to the goal by signing the statement.
- State your goal out loud at least once every day. Repeat it over and over with all of the faith you have.
- Write out a clear, definite plan for how this goal will be reached. Be sure to include what will be given up, what sacrifices will be made. Remember: You don’t get something for nothing. For example, if your goal is to be a starter on the volleyball team, how, specifically, will you improve your game? More practice? Good. Then what other activity are you willing to give up to get in more practice time?
- Make the plan flexible enough to allow changes. We may be presented with a superior plan, and we need to be ready to adopt it.
- Share your goals only with those who are interested in helping you accomplish them. Parents, this is where your support and encouragement are needed most.

Share these tips with your teenagers. As parents, we can help ours succeed in high school. Use athletics as an opportunity to teach effective goal-setting, because successful goal-setting in high school athletics can pave the way for lifelong achievement.