

PERSONAL MOTIVATORS

Achievement	Being excellent at what you do	_____
Affluence	Pursuing money and material possessions	_____
Belonging	Feeling connected to and liked by others	_____
Compassion	Feeling empathy, care or concern for others	_____
Courage	Standing up for your beliefs	_____
Equality	Viewing other as neither inferior nor superior	_____
Family	Spending time with loved ones	_____
Freedom	Embracing liberty; exercising choice and free will	_____
Friendship	Experience close, ongoing relationships	_____
Happiness	Seeking personal enjoyment and fun	_____
Innovation	Finding new and creative ways of doing things	_____
Integrity	Adhering to a moral or ethical code	_____
Justice	Pursuing what is fair and morally right	_____
Leadership	Guiding people and projects; setting the pace	_____
Learning	Pursuing knowledge	_____
Obligation	Committing to fulfill a duty or promise	_____
Personal Growth	Pursuing new skills and self-awareness	_____
Power	Having the ability to influence others	_____
Recognition	Getting noticed for your efforts	_____
Responsibility	Voluntarily doing what is expected of you	_____
Risk	Exploring the unknown; testing limits	_____
Service	Helping others to meet their needs	_____
Spirituality	Seeking a connection to a higher purpose	_____
Tolerance	Being open to different ideas	_____
Tradition	Respecting an established way of how things have been done	_____



Lenawee YOUTH Council
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Lenawee Community Foundation
(517) 423-1729



WHAT MAKES AN EFFECTIVE GOAL

An effective goal is a positive statement of a single, realistic achievement that you see yourself accomplishing across a specific time.

GOAL CLEARNESS

- ◆ Is this goal clear?
- ◆ Does it have a simple and single focus?
- ◆ Is it accurate?

POSITIVE AND PERSONAL

- ◆ Is it written in a personal sense? (I...)
- ◆ Is it written in the present tense, as if you are already doing/achieving the goal? (E.g., I am volunteering twice a week...)
- ◆ Does it contain action words (e.g., quickly, easily, skillfully, professionally,...)
- ◆ Does it contain emotion words (e.g., calmly, excitedly, patiently, warmly,...)

MOTIVATION

- ◆ Is it your own goal? Is it something that you want to do?
- ◆ Is it active (I will/I want)?

PLANFUL

- ◆ Is it written down?
- ◆ Is the goal realistic (within your capability, resources, authority)?
What are the obstacles, the sacrifices?
- ◆ Have you set specific times with deadlines?
- ◆ Can you measure your goal (how will you know when you have achieved your goal); what will happen?

My Goals

Name:

Address:

Email:

Phone:

Date:

Personal Goal:

Family Goal

School Goal

Youth Asset Goal

Community Goal



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