

GOALS

LESSON SIX

Follow up *(As a family discuss the assignment for the lesson Commit Your Time)*

1. What are we doing to give our family more of our time?
2. How have our attitudes been during our family activities?

Concept

A goal is an objective we're trying to reach. Jim Rohn said, "The future does not get better by hope, it gets better by plan. And to plan for the future we need goals." The purpose of goals is to focus our attention on what we want to achieve. We can achieve more individually, and as a family, with clear objectives.

Defining our goals will help point us in the direction we want to go. The great basketball player Michael Jordan said, "I visualized where I wanted to be, what kind of player I wanted to become. I knew exactly where I wanted to go, and I focused on getting there."

Helmut Schmidt remarked, "The tragedy in life doesn't lie in not reaching your goal. The tragedy lies in having no goal to reach. It isn't a calamity to die with dreams unfulfilled, but it is a calamity to not dream. It is not a disgrace not to reach the stars, but it is a disgrace to have no stars to reach for. Not failure, but low aim is the mistake."

An interesting observation was made by Richard Gaylord Briley when he said, "At this very moment you are WHO you are and WHERE you are because of what you've allowed to inhabit your goal-box." It is heartwarming to realize that at any time we can set new goals for ourselves, to improve as individuals and as a family. Tomorrow is the first day of the rest of our lives.

Family Survey Review

Statement #6. **We set family goals together.**

- How can goals help point us in the direction we want to go as a family?
- How can we help one another reach our goals?

Story

There was once a farmer who hired a teenage boy to help him do the fall plowing. The boy's first day on the tractor was disastrous. Because he was looking backwards, watching the plow turn the soil behind him, the boy didn't realize until he reached the end of the field that the row was very crooked.

Toward the end of the day the farmer arrived to survey the young man's work. The crooked rows prompted him to give the boy some advice: "You can't plow a straight row if you keep looking back. You must focus your eyes on a goal straight ahead, and move forward toward it--not swerving to the right or to the left--and never look behind you."

So it is with life. Plowing a straight way into the future is powered by goals. Focusing on the past, or what lies behind, will prevent us from effectively pursuing our future goals. Goals help us focus our energy on what lies ahead.

Discussion

1. What is the advice the farmer gave to the teenager?
2. What can we do to keep focused on our goals, like Michael Jordan and the farmer in the story suggested? (*Ideas: Think about the present and the future instead of the past; talk about goals in family meetings; discuss how you can help each other reach your goals; do one thing each day--take one step--toward reaching your goals.*)

Activity

We're now going to have each family member choose three goals--one in each of three areas: physical, mental, and social. Then we'll each list one way to reach our goals.

Example:

1. PHYSICAL GOAL: "I want to be stronger." "I will lift weights three times a week."
2. MENTAL GOAL: "I want to be smarter." "I will read a book once a month."
3. SOCIAL GOAL: "I want to be well-liked." "I will be kinder to others."

Now we'll set one family goal. Everyone needs to participate and share their ideas about what our goal should be. Here are three examples:

1. "For one week we'll try not to criticize any family member or friend."
2. "We will try to be better neighbors by being friendlier and more helpful."
3. "Our family will try for one month to exercise more regularly and eat more healthful

foods.”

Assignment

1. Discuss and plan ways you can help each other reach your goals. Then in your family meetings talk about the progress you’ve made toward your goals. After reaching your goals, congratulate yourself. Then it is time to set new ones, to continue improving your lives.
2. If you wish, read the Additional Solution For Success: Are We Going Where We Think We’re Going?

ADDITIONAL SOLUTION FOR SUCCESS

ARE WE GOING WHERE WE THINK WE ARE?

There are many things that compete for the time and attention of families. People are constantly making decisions about what things should have *priority* in their lives. Are your family's highest priorities in life the things you believe to be the most important?

Sometimes people spend their resources of time or money on things that bring the least reward in terms of what they really value. Families need to regularly review their goals of what will bring individual and family happiness. Then they need to see if they are spending time doing things that bring them lasting joy. If they aren't happy they need to re-evaluate their priorities and actions and have the courage to make changes. If they don't, they may climb the ladder of success only to find that it's leaning against the wrong wall. Too late, families may regret how they spent the years they had together.

To help your family examine what you value most, name things you enjoy doing as a family. Now talk about how often you *do* the things you really enjoy. Answer these questions:

1. What does our list of things we enjoy doing tell us about what we value most?
2. What does how often we do these things tell us about our priorities?

Despite what you *say*, what you *do* shows how you really feel. What you spend your time doing will show what you really want for your family. The following poem illustrates this principle:

Where the Heart Is

Think long dear heart
Before you choose
To what or whom
You give your love
For God has said
And time has proved

The heart that loves
Grows soon alike
In thought and deed
In soul and sight

To that which it
But treasures most

-William Bagwell

Decide as a family to spend more time doing the things that will strengthen you and make you happy. The following activity will help you look to the future.

Activity

3. Have one person keep time while everyone writes their answers on paper.
4. Everyone answer the following question in three minutes: "How do you want to spend the rest of your life?" Make a list of goals and activities.
5. Answer the second question in three minutes: "What do you want to do in the next five years?" Again, list goals and activities.
6. Answer the third question in three minutes: "If you only had six months to live, how would you spend it?" List activities and goals.
7. Share one another's ideas and talk about how you can help each other reach your goals.