

LEADERSHIP FOR THE NEW
MILLENNIUM AND BEYOND:
BECOMING AN IMPACT PLAYER

LEGACY AND GOALS:
A LIFEPRINT TO LIVING

VOLUME I, MODULE II

(WORKBOOK)

NAME

LEGACY AND GOALS:
A LIFEPRINT TO LIVING

I. SELF-ASSESSMENT

VOLUME I, MODULE II

Self-Assessment - Legacy and Goals

1 - IDENTIFY YOUR LIFE VALUES / MOTIVATORS. WHAT WOULD YOU BE WILLING TO MAKE A STAND FOR? WHAT DO YOU BELIEVE IN? (EG. FAMILY, EDUCATION, FRIENDS, HEALTH, HAPPINESS, ETC.)

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

2 - WHAT DOES EACH LIFE VALUE AND MOTIVATOR MEAN TO YOU? DESCRIBE EACH ONE IN ONE OR TWO SENTENCES.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

3 - HOW WILL IDENTIFYING AND CLARIFYING YOUR LIFE VALUES AND MOTIVATORS HELP YOU?

4 - IDENTIFY YOUR LIFEROLES - MOST RELATIONSHIPS AND RESPONSIBILITIES IN YOUR LIFE TODAY (EG. STUDENT, FRIEND, SON/DAUGHTER, ROLE MODEL, STUDENT COUNCIL, TEAMMATE, ETC.)

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

5 - WHAT DOES EACH LIFEROLE / RELATIONSHIP MEAN TO YOU? DESCRIBE EACH ONE IN ONE OR TWO SENTENCES.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

6 - WHAT IS YOUR LIFEPRINT (PURPOSE, VISION, MISSION IN LIFE)?

7 - WHAT ARE YOUR LIFELINES (SKILLS, TALENTS, RESOURCES, SUPPORT)?

◇ _____

◇ _____

◇ _____

◇ _____

◇ _____

◇ _____

◇ _____

◇ _____

◇ _____

◇ _____

8 - NAME 5 THINGS YOU WOULD LIKE TO BE KNOWN FOR:

1. _____
Why? _____

2. _____
Why? _____

3. _____
Why? _____

4. _____
Why? _____

5. _____
Why? _____

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II. GOAL SETTING

VOLUME I, MODULE II

"Dream Sheeting"

"NOTHING IS IMPOSSIBLE IF YOU BELIEVE
IN YOURSELF."

9 - WHAT ARE YOUR HOPE, DREAMS, GOALS, AND AMBITIONS?
(SIT DOWN AND START WRITING—FILL UP THE PAGE).

Goal Setting

If any of us are going to achieve anything of a substantive nature, it is essential that we understand the importance of goal setting. In order to step fully to the top of a success pyramid, effective goal setting is imperative.

WHAT DO THE NUMBERS TELL US ?

- ✧ *Abraham Maslow* 1% of each generation “self-actualizes.”
- ✧ *Earl Nightingale*: “Statistics bear out that only 5% of each generation becomes independently successful.”

WHAT IS SUCCESS ?

- ✧ “Success is the progressive realization of a worthy ideal - or goal.”

-Earl Nightingale

DOES EVERYONE DESIRE TO BE SUCCESSFUL ?

- ✧ Maslow theorizes that everyone is born with a need to “self-actualize.”

WHY, THEN, DON'T MORE PEOPLE ACHIEVE SUCCESS ?

- ✧ It centers around goals.

It has been said many times over by many individuals that the failing of people in the area of goals is not in the achievement - but, rather, in the establishment. Once someone effectively establishes a worthwhile goal the chances are very good that they will achieve it. However, the tendency of the masses is to *ineffectively* establish goals. Too often the following scenarios exist:

- ✧ Unrealistic goals are established.
- ✧ Establishing goals not in line with interests and/or lifevalues / motivators.
- ✧ Long-term goals are established without considering short-term goals.
- ✧ Establishing too many goals at the same time.
- ✧ Not understanding oneself well enough to establish appropriate goals.
- ✧ Failing to take strides toward a goal after it is established.
- ✧ A failure to periodically review established goals.

Take out a sheet of paper (refer to “dream sheeting” page and goal sheet # 1) and list all of the personal goals you would like to achieve. There is no limit to this. Do not attempt to rank them at this point; just brainstorm and let them flow.

- ✧ Rank them as to their importance to you.
- ✧ Focus on the *top three*.
- ✧ Transfer the top three goals to a separate sheet of paper (goal sheet # 2), retaining goal sheet # 1 as well.
- ✧ List the *benefits* you will derive from each of the three goals.
- ✧ List the *obstacles* that you may encounter as you move toward achieving each goal.
- ✧ After reviewing these benefits and obstacles, does each goal still seem worthwhile?
 - ✧ If so, focus all of your energies on reaching one or all three of these goals.
 - ✧ If not, replace those that do not seem worth the effort with ones from the initial list.

Go through the review process again until you have confirmed the top three goals you will pursue.

- ✧ Once you have confirmed the three goals which you will ardently pursue, transfer those three to a third sheet of paper (goal sheet # 3). This will be your periodic review goal sheet.
- ✧ Review your goals on a weekly basis, at least. Make various notations as to where you are in the process (progress-to-date, concerns, etc.). Some people prefer to review their goals when they get up in the morning and prior to retiring at night. Some like to review their's on Monday morning when they tend to be at their lowest point in the week, and on Friday afternoon when they feel the most pumped. The Monday morning review reminds them why they must do certain things and, thus, shakes them out of their shell. The Friday afternoon review provides them focus for the weekend when they have the most leisure time to think creatively and take action toward achieving their goals.
- ✧ When you achieve one of your three top goals replace it with a new one from goal sheet # 1.

Goal Sheet # 1

All of the personal goals I would like to achieve: _____

Priority Ranking:

Goal Sheet # 2

Top three goals from
Goal Sheet # 1: _____

Worthwhile?

(1) _____

(2) _____

(3) _____

Reviewing benefits & obstacles:

Goal # 1

Benefits

Obstacles

◇ _____
◇ _____
◇ _____

◇ _____
◇ _____
◇ _____

Goal # 2

Benefits

Obstacles

◇ _____
◇ _____
◇ _____

◇ _____
◇ _____
◇ _____

Goal # 3

Benefits

Obstacles

◇ _____
◇ _____
◇ _____

◇ _____
◇ _____
◇ _____

Goal Sheet # 3

Periodic Review:

Goal # 1:

Goal # 2:

Goal # 3:

COMMIT YOURSELF FULLY TO THE ACHIEVEMENT OF YOUR GOALS

THINGS TO KEEP IN MIND REGARDING THE GOAL SETTING PROCESS:

- ✧ “What the mind of a human can conceive and believe it can achieve.”

-Napoleon Hill

- ✧ “Think. Allow the creative juices to flow. Remember, you will become, and you will achieve, what you think about most of the time.”

-Earl Nightingale

- ✧ “What is success? I think it is a mixture of having a flair for the thing that you are doing; knowing that is not enough, that you have got to have *hard work* and a certain *sense of purpose*.”

-Margaret Thatcher

- ✧ “Always bear in mind that your own resolution to succeed is more important than any one thing.”

-Abraham Lincoln

- ✧ “I feel I have an enormous responsibility to the people who work *for* me and *around* me to make sure that they understand my values, and that I live by my values. It’s had a very significant impact in our company.”

-Shelby Lazarus

PERIPHERAL BENEFITS OF GOAL COMMITMENT:

- ✧ Provides direction and a sense of control.
- ✧ Generates a sense of excitement, enthusiasm, and well being.
- ✧ Enhances others’ perception of you.
- ✧ Increases energy.
- ✧ Helps you to discover new talents and to realize your full potential.
- ✧ Improves personal and professional performance.

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VOLUME I, MODULE II

(FACILITATOR GUIDE, FOLLOW-UP ACTIVITIES,
& SUPPLEMENTAL RESOURCES)

Facilitator's Role - Legacy and Goals

AGENDA

- ❖ Review all Materials Before Class
- ❖ Copy Workbook for all Participants
- ❖ Introduce Topic *2 Minutes*
- ❖ Play Video *30 Minutes*
- ❖ Facilitate Discussion Around the Video *8 Minutes*
- ❖ Distribute Workbook *1 Minute*
- ❖ Review Workbook Contents *4 Minutes*
- ❖ Begin Completion of Workbook *Remainder of Class*

FOLLOW-UP ACTIVITIES

- ❖ Have students periodically review their self-assessments and goals (workbook).
- ❖ Share success stories students have experienced as a result of setting and achieving goals.
- ❖ Talk about the importance of creating a Lifeprint: Lifevalues and Motivators (guiding forces in life); Liferoles (major responsibilities and relationships); and goals (writing them down and evaluating them).
- ❖ Assign the book *Wishcraft* by Barbara Sher, and discuss it in class.
- ❖ Facilitate discussion and/or support groups that desire more interaction on this issue.

Legacy and Goals

Today, more than ever, it is essential that we have a sense of direction and purpose in life. In today's society we are continually confronted with difficult decisions. Unless we have a clear understanding of who we are, why we do what we do, and what's important to us we might make wrong decisions.

Legacy and Goals: A Lifeprint To Living requires you to answer some very difficult questions about yourself and helps you begin to understand yourself better. Have you ever thought how you would be remembered when you leave this world or how you would like to be remembered? The vast majority of people, both young and old, go through life without answering such a question and performing a thorough self-evaluation.

I believe many people don't do it because the thought of self-reflection scares them. They are afraid of what they might discover. You need to look at this differently and be open to this inward reflection and find out the truth about yourself. Instead of viewing it as daring and risky, you need to look at it as an opportunity to grow and become a better person.

Unlike the game, *Truth or Dare*, you need to play the game of truth and dare. Life should not be about one or the other. In the game of *Truth and Dare*, you discover who you are by identifying what you value (Lifevalues and motivators), what and who's important to you (Liferoles), and your talents, skills and goals (Lifelines). Once you discover the truth about who you are, you realize the dares in life are nothing more than opportunities disguised as risks.

You now have the tools necessary to begin drafting your Lifeprint. You need to begin construction on your Lifeprint so you can be the architect of your life. If you don't, somebody else will try and create it for you.

REVIEW YOUR SELF -ASSESSMENT PERIODICALLY:

- ✧ Have you completed your Lifeprint? If no, why not?
- ✧ Are you living your Lifevalues? Think of a few examples.
- ✧ Are you taking care of your Liferoles? Think of a few examples.
- ✧ How has the drafting of your Lifeprint helped you with providing direction in your life?

REVIEW AND TRACK GOALS ON A REGULAR BASIS:

- ✧ Have you prioritized your goals?
- ✧ Are your goals in alignment with your Lifevalues and Liferoles?
- ✧ Do you review them everyday?
- ✧ Have you made any sacrifices to obtain your goals?
- ✧ Have you committed to setting deadlines?
- ✧ Do you believe in yourself?

Supplemental Resources - Legacy and Goals

BOOKS

- | | |
|----------------------|-------------------------------|
| ✧ First Things First | <i>By Steven R. Covey</i> |
| ✧ Wishcraft | <i>By Barbara Sher</i> |
| ✧ The Path | <i>By Laurie Beth Jones</i> |
| ✧ I Dare You | <i>By William H. Danforth</i> |

AUDIO TAPES

- | | |
|---------------------|----------------------|
| ✧ The Goals Program | <i>By Zig Ziglar</i> |
|---------------------|----------------------|

These resources are available through:

The Faurote Group
Contact: Dennis L. Faurote
(317) 826-2366

And

The Just Help Yourself Company
Contact: Charles R. Hyde, Sr.
(765) 966-4933