

I BELIEVE

in my purpose and future.

SENSE OF PURPOSE & FUTURE

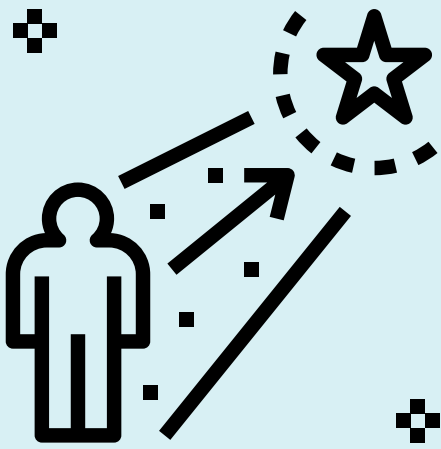
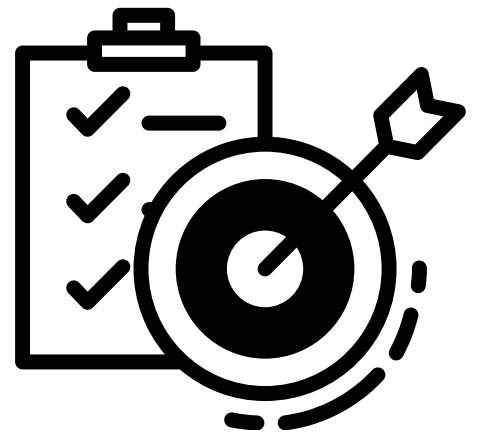


DREAMS AND ASPIRATIONS

- It is important to have a hope and believe the future can be different than the present.
- Motivation and inspiration to accomplish dreams.
- A dream for the future needs a plan in order to materialize; otherwise, it is just a "dream".

GOAL SETTING

- Includes both short, middle, and long-term goals.
- It is important to identify steps needed to achieve goals.
- Keep in mind goals can be modified and changed as needed.

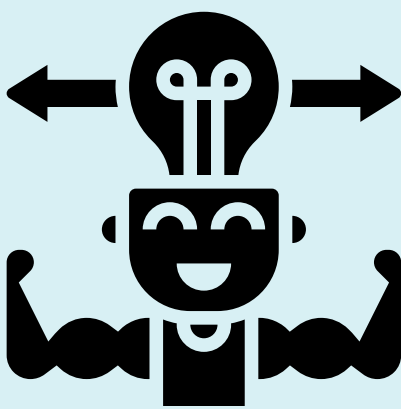
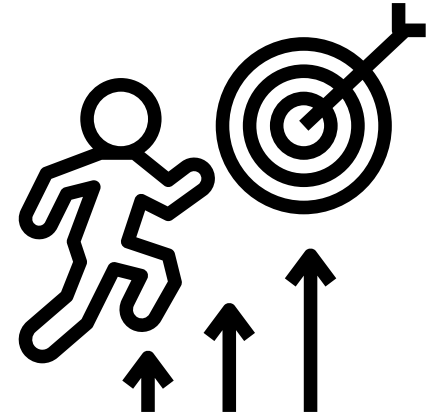


SELF CONTROL AND SELF DISCIPLINE

- To accomplish dreams and achieve goals requires self-control and self-discipline.
- Delayed gratification is often required.
- Resist unhealthy temptations.

MOTIVATION

- Motivation gives purpose and direction to our behavior(s).
- Learn to handle failure and setbacks as part of the process. Failure is not necessarily final. We can learn from mistakes.



PERSERVERANCE

- In the face of difficulty or obstacles, perseverance may often be required.
- "Grit" is the ability to keep on keeping on and stay with the situation despite encountering difficulties. It is often what determines success.
- Important to know when to change course or even quit.

FAITH/SPIRITUAL CONNECTEDNESS

- Research shows children and youth with spiritual/religious beliefs are more optimistic, flexible, and can better handle setbacks. Not only attendance, but active involvement makes the largest impact.
- Having a belief things will work out.

