

CHAPTER 54

PRINCIPLES OF GOAL-SETTING

Step 1. Recognize that God has predetermined your two most important goals.

A. To Enter the Kingdom of God.

1. This should be your master motive of life.
2. Every other goal, pursuit and endeavor should center around this grand and noble purpose.

B. To fulfill your calling and role as a woman.

1. Nothing you do will glorify God more and bring Him greater happiness than to reach your highest potential as a woman.
2. Nothing you do can clothe you with greater honor and beauty than to be the kind of person God intended.
3. You should make this goal your second priority and embark on a special study to learn what God's description of a virtuous woman truly is.

Step 2. Decide what additional goals you want out of life.

A. Nail these down and get specific.

1. Marriage
2. Career
3. Higher education
4. Travel opportunities
5. Laying a more complete foundation before marriage
6. Etc.

B. Unless you identify your goals, you will scatter your efforts over a broad area and make little progress.

Step 3. Separate your goals into three main categories.

A. Short-range (1-6 months)

1. Losing weight
2. Breaking a bad habit
3. Clearing up complexion
4. Improving grades
5. Completing assignments on time

B. Intermediate (6 mos. - 1 year)

1. Improving personality
2. Broadening your perspective, experiences and outlook on life.
 - a. Attending cultural functions.
 - b. Learning to play a musical instrument.
 - c. Taking up a new sport.
 - d. Writing a short story.
 - e. Reading books you've intended to get to.
 - f. Learning a new hobby.

C. Long-range (1 - 5 years)

1. Marriage
2. Career
 - a. Teacher
 - b. Secretary
 - c. Fashion designer
3. Becoming outstanding in some particular area.

Step 4. Explicitly define and commit your goals to writing.

- A. Set a deadline.
 - 1. This will give you motivation.
 - 2. Allow no other interest to get in the way.
- B. Place your goals in a strategic location so they can be reviewed several times a day.
 - 1. On the bathroom mirror.
 - 2. On your desk or the wall above it.
 - 3. On the refrigerator door.

Step 5. Tie your goals together so they interrelate.

- A. Your goals should be so clearly laid out that each aids you in accomplishing the other.
- B. Examples:
 - 1. You want to lose weight — why?
Answer: To enable you to grow in stature as a gracious and charming woman.
 - 2. You're taking several AC classes — why?
Answer: To achieve your two primary goals.
- C. If you do not see a clear relationship between your goals, the tendency is to become unbalanced and spend too much time on minor objectives — or on those goals which are more pleasurable to you.

Step 6. Determine how much extra time remains after all your essential duties are tallied.

- A. You cannot make appreciable growth unless you devote a portion of your schedule to this end.
- B. It's vitally important then to know how your time is organized and spent.
- C. Make out a schedule of essential daily duties.
 - 1. *Prayer and Bible study.*
 - 2. *Grooming and related responsibilities*
 - 3. *Classes*
 - 4. *Job*
 - 5. *Class preparation and study time*
 - 6. *Eating and exercise*
 - 7. *Sleep*
 - 8. *Dating and social life*
- D. This exercise will enable you to determine how much free time you have left for other goals.

Step 7. Assign a portion of your free time each day or week to your overall program of goals.

- A. Arrange a workable and feasible time table.
- B. You control your schedule — don't let it control you.
- C. Discipline yourself and be the master of your own destiny.

Step 8. Recommit your life to your goals daily.

- A. As said earlier, review your goals several times each day.
- B. Drill them into your mind until they become crystal clear.
- C. See yourself as having already reached them.
- D. Determine that once you set your hand to the plow, you will march forward and refuse to look back.
- E. Burn all bridges behind you and move steadily and confidently forward.
- F. A daily review and recommitment of your goals serves many purposes:
 - 1. *It gives you a sense of what's important in life.*
 - 2. *It keeps you on target.*
 - 3. *It gives you motivation.*
 - 4. *It serves as a check-list to see how you are progressing.*
 - 5. *It will keep you in tune to your environment in looking for answers, aids, helps, etc., in achieving your goals.*

GENERAL PRINCIPLES TO KEEP IN MIND:

- A. Incorporate as many of your goals as possible into everyday life.
1. Becoming a gracious and charming person.
 2. Developing inner poise, confidence and friendship.
 3. Let your goals become your life.
- B. Begin a crash program of overcoming and self-mastery.
1. Scrape off the veneer and really get to know yourself.
 2. Attack your most serious and urgent problems first.
- C. Learn to recognize vanity.
1. In your facial expression and posture.
 2. In the expression of personal habits, moods and temperament.
 3. In calling attention to yourself by telling others what you've accomplished and what a nice person you are.
 4. In a 'glorified self-image' you try to portray.
- D. Start practicing feminine leadership by learning to be responsive and submissive.
1. A true feminine leader is motivated by a deep and abiding love for fellowman.
 2. She does not seek their applause or court their favor for selfish reasons. Instead she seeks their happiness, well-being and success.
 3. If you are practicing a God-fearing example, the positive fruits of character will flow from your life and convince others you are sincere. They will then be inspired to follow you.
- E. Start producing.
1. Don't wait for the big opportunities to come — start now in everyday small things.
 2. Become aware of people around you and look for things to do to give them pleasure.
 3. 'DO IT NOW' — drill this motto into your mind and your growth will soar.
 4. Start making use of the little wasted moments.
 5. Once you have inculcated the attitude of serving or producing in everyday small things, the pattern will carry over into the major areas of life.
- F. Start responding to suggestions for improvement and making wholesale changes in your life.
1. The weaknesses you allow to remain will block you from reaching your higher goals.
 2. Be it ever so painful — act on correction.
- G. Study the lives of the top flight women in God's Church.
1. Observe their behavior and analyze what makes them tick.
 2. Study their attitudes and approaches to life.
 3. Determine why they are calm and gracious and the reasons they've attained success.
- H. Start keeping a personal notebook of ideas.
1. This will prove to be an invaluable aid to you later.
 2. Be alert for any valuable ideas, quotes and quips you may hear throughout the week.
 3. By keeping alert for ideas, you will not only amass a wealth of knowledge, but you will also develop the power of concentration, discrimination and the ability to listen.

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