

## SELF-MANAGEMENT

# Identifying Your Dietary Needs

## CHAPTER 11

### ▲ SETTING GOALS

Goal setting is an important tool to use when working toward personal success. But in order to be helpful, your goals must be realistic and attainable. If you set your goals too high, you may end up feeling bad about yourself for not having met them. If you set your goals too low, you may not feel a sense of satisfaction at having met them. The items listed below are goals set by high school students. On the lines provided, explain whether you think the goal is realistic or unrealistic. Provide two reasons why you think the goal will or will not help the student.

1. "There is a school dance this Friday night—only five days away. I have a goal to lose 10 pounds between now and then so I will look better in my new outfit."

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2. "I've been doing poorly in my late morning classes at school. I feel tired and inattentive during those class periods. My goal is to get up a little earlier each morning so I'll have time for breakfast. I hope that eating breakfast will help bring those grades up."

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3. "I want to keep my activity level high so I don't have to worry about gaining weight. I have set a goal of running at least 8 miles every day for the rest of the year."

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4. "My goal is to lose 10 pounds over the next 10 weeks. I have identified some behavior changes that will help me meet my goal."

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5. "For three weeks, my grandmother has been asking for a letter from me. My goal is to write it early this evening so that I can watch my favorite TV show at 9:00."

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