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3/15

You Can Do It—Setting a Personal Goal

NAME: _____ DATE: _____

Complete the information below:

1. State your goal.

Make sure your goal is:

- Important to you
- Clear and measurable
- Realistic
- Dependent on specific action steps you can take

2. List the steps you'll take to reach your goal.

Step 1: _____

Step 2: _____

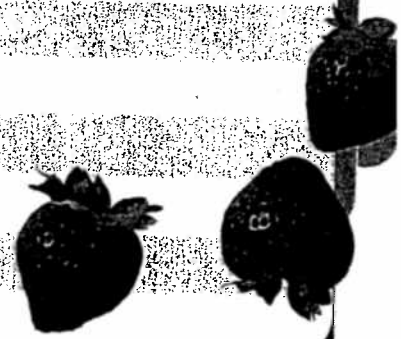
Step 3: _____

Step 4: _____

Additional steps? _____

3. Consider possible blocks and ways to deal with them.

Blocks	Solutions
_____	_____
_____	_____
_____	_____
_____	_____



continued

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4. Make a timeline.

Mark the timeline to show when you hope to start your goal and to complete each step of your action plan. Include the deadline for reaching your goal.

Start

Finish



5. Build a support system.

Identify what and who can help you reach your goal.

6. Review and, if necessary, revise your plan.

Check your progress. If your plan and support system aren't working, make any necessary changes.

7. Celebrate your success.

Keep up the good work and reward yourself.

If one's mind can conceive it and one's heart can believe it, one can achieve it.

--Jesse Jackson, political activist

What Kind Of Smart Are You?

Everyone is good at something, and this quiz will help you identify your areas of strongest intelligence.

Read each statement carefully. If it sounds true about you **ALMOST ALL OF THE TIME**, write a "T" on the line. If the statement does not sound like you at all, write an "F" on the line. If the statement is sometimes true and sometimes false, leave it blank.

1. _____ I'd rather draw a map than give someone directions in words.
2. _____ If I am angry or happy, I usually know **EXACTLY** why.
3. _____ I can play or used to play a musical instrument.
4. _____ I can associate music with my different moods ("I'm A Survivor" describes my feelings today)
5. _____ I can add or multiply quickly in my head.
6. _____ I can help a friend sort out strong feelings because I deal very well with my own strong feelings.
7. _____ I like to work with calculators and computers.
8. _____ I pick up new dance steps very quickly.
9. _____ It's easy for me to say what I think in an argument or a debate.
10. _____ I enjoy a good lecture, a speech or a sermon.
11. _____ I always know north from south no matter where I am.
12. _____ I like to gather together groups of friends for parties or social events.
13. _____ Life seems empty without music.
14. _____ I always understand the drawings that come with new gadgets or electronics.
15. _____ I like to work puzzles and play games.
16. _____ Learning to ride a bike (or rollerblade) was easy.
17. _____ I get irritated when I hear an argument or statement that sounds just not logical.
18. _____ I can convince other people to follow my plans.
19. _____ My sense of balance and coordination is good.
20. _____ I often see patterns and relationships between numbers faster and easier than others.

21. _____ I enjoy building models (or sculpting).
22. _____ I'm good at figuring out the fine points of the meaning of words.
23. _____ I can look at an object one way and see it turned sideways or backwards just as easily.
24. _____ I often connect a piece of music with some event in my life.
25. _____ I like to work with numbers and figures.
26. _____ I like to sit quietly and think about my inner feelings.
27. _____ Just looking at shapes of buildings and structures is pleasurable to me.
28. _____ I like to hum, whistle, and sing in the shower or when I'm alone.
29. _____ I'm good at most athletics.
30. _____ I enjoy writing detailed letters and notes to friends.
31. _____ I'm usually always aware of the expression on my face.
32. _____ I'm sensitive to the expressions on other people's faces.
33. _____ I stay "in touch" with my moods. I know exactly what mood I'm in.
34. _____ I am sensitive to the moods of other people.
35. _____ I have a good sense of what other people think of me.

Now, circle the numbers in the grid below of the statements for which you answered "T" (true). Total up the circled numbers on the "Totals" section below.

A	B	C	D	E	F	G
9	5	1	8	3	2	12
10	7	11	16	4	6	18
17	15	14	19	13	26	32
22	20	23	21	24	31	34
30	25	27	29	28	33	35

TOTALS: A column: _____ B column: _____ C column: _____

D column: _____ E column: _____ F column: _____

G column: _____

KEY

The column or columns with the highest totals indicate in which areas your strengths are.

Most people have more than one strong area of intelligence. Do you agree with the results?

- A = Linguistic or Word Intelligence:** You are good at writing, speaking, reading, telling stories. You learn best by listening, discussing, reading, researching. You may turn out to be a journalist, a poet, a lawyer, or a novelist.
- B = Mathematical and Logical Intelligence:** You are good at solving problems, understanding numbers, experimenting, calculating, seeing solutions to complicated situations. You learn best if someone gives you a problem to work on or untangle. You may turn out to be a scientist, an accountant, a manager, or a computer programmer.
- C = Visual or Picture Intelligence:** You are good at painting or drawing or sculpting, reading maps and tables, making patterns and designs. You learn best when you organize things on paper, when you watch a demonstration, when you can draw your ideas and notes. You may turn out to be an architect, a photographer, an artist, a pilot, or a mechanical engineer.
- D = Body Intelligence:** You are good at dancing, exercising, playing sports, and working with your hands. You learn best when you DO something and when you can move around often. You may turn out to be an athlete, a craftsperson, a mechanic, or a surgeon.
- E = Musical Intelligence:** You are good at singing, listening to music, performing rhythmic activities and writing songs and jingles. You learn best when you can relate ideas and words to music in some way. You may turn out to be an actor, a composer, a conductor, a musical performer.
- F = Intrapersonal Intelligence:** You are good at setting realistic goals for yourself, thinking deeply about ideas, evaluating your feelings about someone or something, and using this understanding to improve yourself. You learn best when you can work alone. You may turn out to be a counselor, a clergyperson, a self-employed business owner, a psychiatrist.
- G = Social or Interpersonal Intelligence:** You are good at understanding other people; seeing the world or a situation from someone else's view, and mediating between others. You learn best when you can work in groups and demonstrate to others what you have learned. You may turn out to be a politician, a negotiator, a teacher, a job placement counselor, or the president of a large corporation.