

## Lifetime Goals Lecture Script

Hi and welcome to the first module of the Career Exploration for English Language Learners course.

### Slide 1

In this module, we are going to talk about setting goals and planning for action. Sometimes people get lucky and things just happen that bring success or prosperity, but a far more likely way to succeed is to have a goal and a plan to get there. It isn't enough to say "I want..something." It is necessary to identify just exactly how you are going to get there.

### Slide 2

Before you begin thinking about a career choice, you have to situate yourself in the world. Where are you now? Where do you want to be? What do you need to get there?

### Slide 3

For this module, think about what you ultimately want — over a lifetime. Don't worry yet about career goals- we will get to that later. After all — That's what this course is all about. For right now, I want you to think about the BIG PICTURE. What is really important to YOU? What do you want your work to help you accomplish.

### Slide 4

Do you want to travel and see the world? Go where there is snow and it's so cold you can see your breath? Walk the streets of Paris and see the Basilica of the Sacred Heart? Ride elephants in India? Make a list of the places and things you want to see.

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Do you want material things? A big house in the country? A boat? A nice car? Do you have a hobby that you'd enjoy more if you had some better equipment? Write down the specifics of what you want.

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Perhaps you want more time to pursue your hobbies, relax with friends or do community service and volunteer in your spare time. Thinking about these decisions before making career choices can help you make more informed decisions about the kind of career you want.

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If you make career decisions without first thinking about your lifetime goals, it can lead to wrong choices, and wrong choices can lead to boredom, frustration, and depression. For example, if you choose a career for the money, maybe you won't have time for the things that are really important to you- like friends or your children. If you choose a career that doesn't challenge you, maybe you will become bored. If you decide to pursue status to please other people, it may lead

to frustration or depression because you never really cared about status and you weren't being true to yourself.

#### Slide 8

So what's the next step? After giving yourself some time to think— Identify at least three things you want in the next 10-15 years. Remember— this is the BIG PICTURE— Imagine the kind of lifestyle you want? Are you in a relationship? Do you have children? Where are you living? In what kind of a place are you living? What hobbies are you pursuing? How much time do you have to pursue them? Where do you see yourself financially, romantically, geographically?

Next— think about WHY you want these things. It is important to identify your motivation for wanting these things so you can assess whether or not it is really worth pursuing. Sometimes we may want something simply because our parents or friends think it is what we should want. Maybe we think we want something, but deep down, we know it is actually only to make someone envious. These goals may not be worth your time and effort. On the other hand, sometimes identifying the real reasons we want something can help maintain our motivation when things get hard. Maybe you want to take that trip because you'd like to visit family members you haven't seen in a very long time. Maybe you want that big house so you can have a big family, or so you can have large gatherings of friends and colleagues. Writing these things down helps you remember why you are doing what you are doing. Writing things down also helps, because people change over time, so when you revisit your written goals, you can update them, change them, scratch them out. You may no longer want the same things in a few years.

That's your next step— to write all these thoughts down. This is such an important step! Research shows that writing your goals down makes you much more likely to achieve them compared with those who don't write them down. Writing your goals requires you to focus on and clarify what you want. It also gives you a reference to return to that let's you see how much progress you are making, or perhaps motivates you to do more. Be sure to make your steps small and achievable so you can see your successes. Too large step, — for example— writing "Speak English fluently" doesn't let you see your progress. Break it down into small steps. I'll give you an example.

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I want to speak English well. How will I do that? I will learn 1000 new words this year. How will I do that? I will learn 3 new words per day. How will I do that? I will keep a dictionary at the kitchen table and each morning during breakfast, I will look up and write down 3 new words on index cards. I will add those cards to my pile and review the pile each morning, removing the cards I know, keeping the cards I don't, until I know them all. Then, I will also try to use those words in my conversations and writing that day. Here's another example. I want to read 3 English books this year. How will I do that? I will read 10 pages per day after dinner. See? That one was easy.

#### Slide 10

Next— think about the challenges or obstacles you may face in pursuing your goals. Planning ahead and identifying challenges can help you avoid becoming overwhelmed or frustrated because you will already have thought about solutions. Is there a way to build in some flexibility into your plan so if something doesn't work out the way you expected, you have a backup plan? Maybe some steps will take longer than expected. Think about the possible challenges and anticipate possible solutions. This way— you are less likely to give up when the going gets tough. If something unexpected happens — and it is very likely something will, don't give up, focus on the solution.

#### Slide 11

Finally— share your goals with others. Like writing your goals, sharing your goals with others is beneficial and the people you share it with can provide help and support. Once we tell people we are going to do something, it is incentive to keep going because we don't want to be seen as a quitter. Choose people who love you and want you to succeed and be happy. Sometimes friends or family can feel threatened by your success and try to discourage your efforts to do better for yourself. If this is the case, it may be more to your advantage to share your goals with someone else, like your teacher, or another supportive, encouraging person in your life.

#### Slide 12

In the supplementary materials section, you will find this worksheet. Fill it out and revisit it often. Learn from your mistakes and keep moving forward. If you stumble or fall behind— that's okay. You're not the first one. Don't give up. You may just need to revise your plan, adjust the dates, take advantage of new opportunities or begin your backup plan. The secret to getting anywhere is to keep moving forward— in the direction you need to go. So now— you not only have a dream— you have an Action Plan!