**Setting your goals**

Think of goal setting in terms of **NOUNS**:

* “I want more **confidence** dealing with my parents.”
* “I want a more positive **attitude** about my caregiving responsibilities.”
* “I want better **health** for myself.”

Compare these to strategies which are usually stated in terms of VERBS:

* I want to **lose** 30 pounds.
* I want to **get better** at negotiating.
* I want to **get** my mother **to start considering** her long-term care options.

For this exercise, look back at your responses to the two activities in this module. In the Self-Awareness Survey, you explored what is important to you in your life. In the Principles of Success activity, you rated yourself against these principles. Based on these results, develop three statements of goals for yourself.

Remember that goals should be stated in terms of nouns. Goals also answer the question, “What do you want that’s really important to you?”

Goal #1:

Goal #2:

Goal #3: