

**Exercise 9: GOALS**

**Get**  
**Off your**  
**Ass and**  
**Learn**  
**Something**

When is the last time that you learned something about yourself or for yourself? This doesn't include anything that you have had to learn for school or work. Do you remember what it was? Have you always wanted to run an endurance race, learn to crochet, paint a landscape on canvas, or make a beat? Have you tried to start a podcast, learn how to use a camera, or act in a play?

Everyone starts at zero but all too often, people are paralyzed by taking the first step. What's stopping you?

Instructions:

Decide on a single goal that you move towards that is attainable in your lifetime.

Define why this specific goal is essential to you.

Map the steps that you believe it would take to reach your goal.

Give yourself a realistic time frame to reach your goal.

# THINK **TU** UNBROKEN

**My Goal Is:** (EX: I want to become fluent in Spanish.)

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**This goal is important to me because:** (EX: I would like to communicate with people fluently during my trip to South America.)

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**Steps to reaching my goal:**

(EX: Sign up for group Spanish-language classes, watch Spanish TV, listen to Spanish music, teach at an ESL school)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

What resources can I utilize right now to learn?: (EX: Sign up for Duolingo and watch YouTube videos)

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I will know that I have reached my goal when: (EX: I can hold a full conversation in Spanish only)

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When is my goal deadline: (Choose a realistic time frame) \_\_\_\_\_