

Lesson 2: Designing Dreams SETTING & REACHING GOALS



Name: _____

MEET AISHA

For as long as Aisha can remember, she has always wanted to be a nurse.

"I enjoy helping people," Aisha says. "When I was a little girl I would use up all of our band-aids pretending to fix anyone and everyone that crossed my path!"

Today, Aisha is 26 years old and working as a registered nurse. How did she do it?

"It took a lot of hard work, but really I think the key was to make a plan early on and to stick to my plan even when things got tough," Aisha says.

CHALLENGES FOR AISHA

Needs vs. Wants

"When I was going to nursing school, my friends were always hanging out on Friday nights, grabbing food and maybe catching a movie. But I was tight on cash. It was really tempting, but I knew that if I spent my money going out every weekend, I would be in trouble when it came time to pay tuition next semester. I did go out and have fun with my friends...but I was careful not to overdo it."

Budget Blues

"By far the biggest thing I've learned about reaching my goals is to spend my money on paper first by creating a budget. At the beginning of the month I write down all of the things I'm going to need to spend money on and how much each will cost. Some expenses are the same each month, like my rent. But other costs are harder to predict, like buying groceries. I give myself a set amount of money to spend in each area of my budget and then I stick to it. Trust me, the sticking-to-it part is the hardest! By the third month of following a budget though, it really became a natural part of my financial plan."

AISHA'S GOALS

Short-term goal:

work part-time in high school to save up money for college

Intermediate goal:

go to college for nursing and balance working part-time

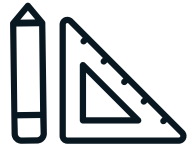
Long-term goal:

obtain a job as a registered nurse

DEFINING VALUES

"After high school I was working at a local grocery store as a cashier and one day my manager asked if I would ever want to become a manager. This made me really stop and think about what I wanted to accomplish in my life. Being a manager sounded fantastic. More money and benefits... who wouldn't want that?! But I had this dream of becoming a nurse and I knew that what I was really good at was helping take care of people when they needed it the most. Thankfully, I was able to keep my job at the grocery store all during nursing school, but I knew for me the path I valued the most was getting my nursing license."

Lesson 2: Designing Dreams SETTING & REACHING GOALS *(continued)*



Name: _____

In thinking of Aisha’s story, what dreams and goals do you have for your life? What do you want to accomplish, whether it is reaching a certain career, buying a home, or going to college?

Write three goals you have for your future:

- 1.
- 2.
- 3.

What will you need to do in order to reach your goals? Like Aisha, think through what you would need to do today, in a few months, and in the next few years to reach your goals. These are your short-term, intermediate, and long-term goals. Write your ideas in the table below for each of your future goals.

GOALS			
	1:	2:	3:
Short-Term (What actions can I take today to reach my goal?)			
Intermediate (What actions can I take over the next few months to reach my goal?)			
Long-Term (What actions can I take over the next few years to reach my goal?)			