

What is Your Dream?

Believe in Your Dreams - Dreams do Come True

Dreams are the essence of life--not as it is, but as it can be. Your dreams for your life must be yours. The only person who needs to be passionate about your dream is you. Our passions and dreams and goals are the outward manifestations of the love we feel inside.

Dream Big

D

Determination (to respect myself and make my choices by my values)

R

Responsible (for my words and actions)

E

Energy (always moving toward my goals)

A

Always (do the right thing and in time something good will happen)

M

Manage (your choices and you will manage your life)

The Strangest Secret - *by Earl Nightingale*

(go to www.walkthetalk.com and click on watch *Inspirational Movies*)

When we say "nearly five percent of men and women achieve success" then we have to define success. The following is the best definition we've found: "Success is the progressive realization of a worthy ideal."

If a person is working toward a predetermined goal and knows where to go, then that person is successful. If a person does not know which direction they want to go in life, then that person is a failure.

"Success is the progressive realization of a worthy ideal."

Therefore, who succeeds? The only person who succeeds is the person who is progressively realizing a worthy ideal. The person who says, "I'm going to become this"...and then begins to work toward becoming it.

Have you ever wondered why so many men and women work so hard and honestly without ever achieving anything in particular? Why others do not seem to work at all and yet get everything? We sometimes think it is the magic touch or pure luck. We often say, "Everything they touch turns to gold." Have you ever noticed that a person who becomes successful tends to continue this pattern of success? Or on the other hand, how a person who fails seems to continually fail?

Well, the answer is simple -- *those who succeed have established personal goals*. Success is not the result of making money; making money is the result of success and success is in direct proportion to our service.

Here are five steps that will help you realize success:

1. Establish a definite goal.
2. Stop running yourself down.
3. Do not think of all the reasons why you cannot be successful -- instead think of all the reasons why you can achieve success.
4. Trace your emotions back to childhood -- discover where you first got the negative idea you would not be successful--face your fears.
5. Renew your self-image by writing a description of the person you want to become -- Act the part -- You are that person!

George Bernard Shaw said: *"People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and if they can't find them, make them."*

Well, that is pretty apparent, isn't it? And every person who discovered this believed - for a while - that he was the first one to work it out. We become what we think about. Now, it stands to reason that a person who is thinking about a concrete and worthwhile goal is going to reach it, because that's what he's thinking about. And we become what we think about.

Conversely, the man who has no goal, who doesn't know where he's going, and whose thoughts must therefore be thoughts of confusion and anxiety and fear and worry, becomes what he thinks about. His life becomes one of frustration and fear and anxiety and worry.

And if he thinks about nothing...he becomes nothing.

So decide now. What is it you want? Plant your goal in your mind. It's the most important decision you'll ever make in your entire life. All you've got to do is plant that seed in your mind, care for it, and work steadily toward your goal, and it will become a reality.

How do you begin?

First: It is understanding emotionally as well as intellectually that we literally become what we think about; that we must control our thoughts if we're to control our lives. It's understanding fully that..."as ye sow, so shall ye reap."

Second: It's cutting away all fetters from the mind and permitting it to soar as it was divinely designed to do. It's the realization that your limitations are self-imposed and that the opportunities for you today are enormous beyond belief. It's rising above narrow-minded pettiness and prejudice.

Third: It's using all your courage to force yourself to think positively on your own problems, to set a definite and clearly defined goal for yourself. To let your marvelous mind think about your goal from all possible angles; to let your imagination speculate freely upon many different possible solutions. To refuse to believe that there are any circumstances sufficiently strong to defeat you in the accomplishment of your purpose. To act promptly and decisively when your course is clear. And to keep constantly aware of the fact that you are, at this moment, standing in the middle of your own "acres of diamonds."

And fourth: Save at least 10 percent of every dollar you earn.

It's also remembering that, no matter what your present job, it has enormous possibilities - if, you're willing to pay the price by keeping these four points in mind:

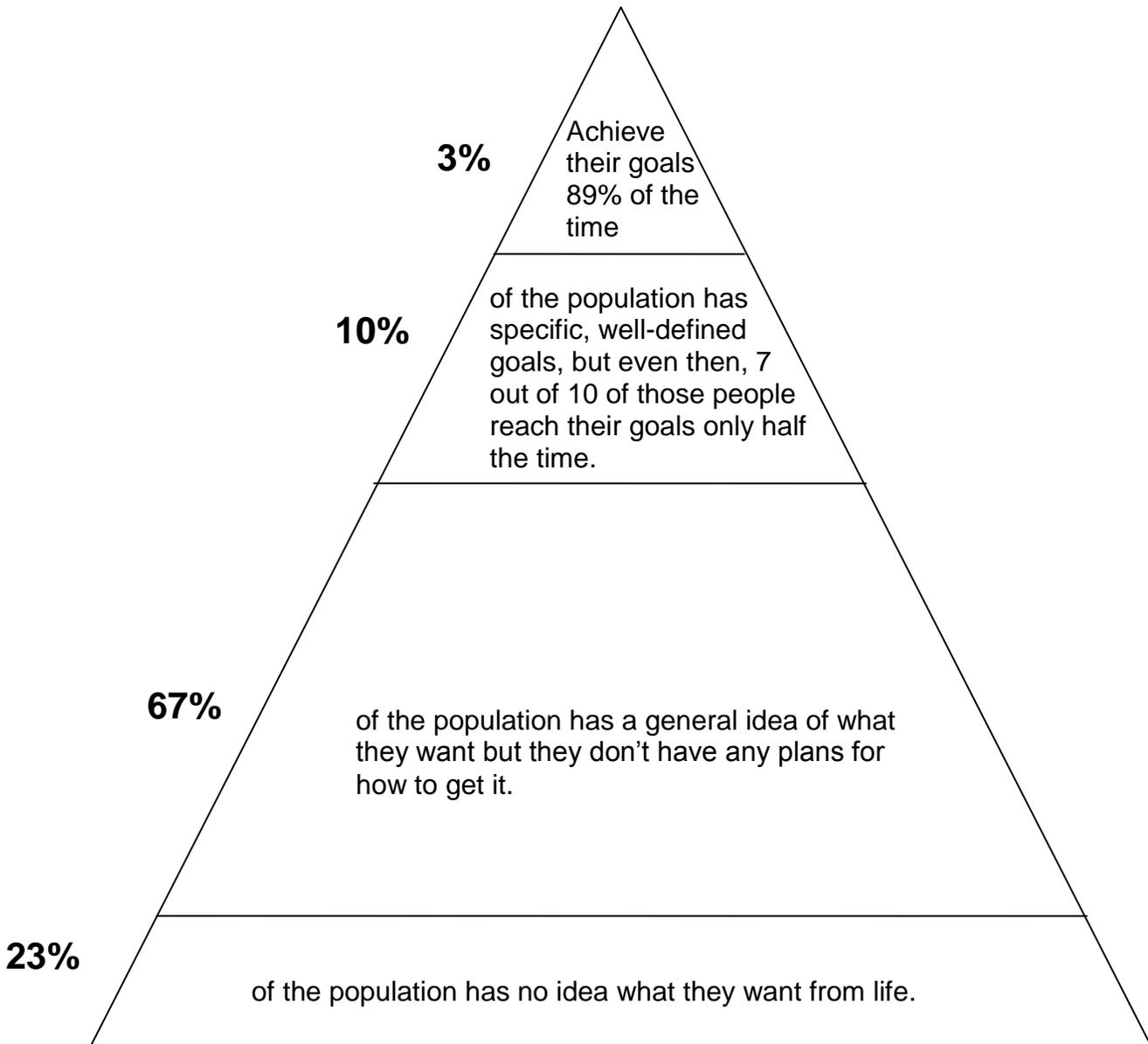
1. You will become what you think about.
2. Remember the word "imagination" and let your mind begin to soar.
3. Courageously concentrate on your goal every day.
4. Save 10 percent of what you earn.

Finally, take action - ideas are worthless unless we act on them.

Goal Study

A research study by the Ford Foundation found that of the 10% of the population with specific goals, only 3 out of 10 people actually achieve their goals. Why? The top 3% wrote down their goals and had an action plan.

Pyramid of Life



Researchers working on this project found that of all the possible variables, the only difference between the top performers and the rest was that the top 3% wrote down their goals.

Strategic Goal Planning: Include your values in your goals, and then develop specific actions to reach your goals. Writing down your goals makes you committed to the course of action you have chosen and triggers self- motivation. The qualities of motivating goals are: **S.M.A.R.T.**

Creating **S.M.A.R.T.** Goals

From Paul J. Meyer's "*Attitude Is Everything*"

Specific

Measurable

Attainable

Realistic

Tangible

Specific – A specific goal has a much greater chance of being accomplished than a general goal. To set a specific goal you must answer the six “W” questions:

- Who: Who is involved?
- What: What do I want to accomplish?
- Where: Identify a location.
- When: Establish a time frame.
- Which: Identify requirements and constraints.
- Why: Specific reasons, purpose or benefits of accomplishing the goal.

EXAMPLE: A general goal would be, “Get in shape”. But a specific goal would say, “Join a health club and workout three days a week.”

Measurable – Establish concrete criteria for measuring progress toward the attainment of each goal you set. When you measure your progress, you stay on track, reach your target dates, and experience the exhilaration of achievement that spurs you on to continue to try to reach your goal. To determine if your goal is measurable, ask questions such asHow much? How many? How will I know when it is accomplished?

Attainable – When you identify goals that are most important to you, you begin to figure out ways you can make them come true. You develop the attitudes, abilities, skills, and financial capacity to reach them. You begin seeing previously overlooked opportunities to bring yourself closer to the achievement of your goals.

You can attain most any goal you see when you plan your steps wisely and establish a time frame that allows you to carry out those steps. Goals that may have seemed far away and out of reach eventually move closer and become attainable, not because your goals shrink, but because you grow and expand to match them. When you list your goals you build your self-image. You see yourself as worthy of these goals, and develop the traits and personality that allow you to possess them.

Realistic – To be realistic, a goal must represent an objective toward which you are both *willing* and *able* to work. A goal can be both high and realistic; you are the only one who can decide just how high your goal should be. But be sure that every goal represents substantial progress. A high goal is frequently easier to reach than a low one because a low goal exerts low motivational force. Some of the hardest jobs you ever accomplished actually seem easy simply because they were a labor of love.

Your goal is probably realistic if you truly *believe* that it can be accomplished. Additional ways to know if your goal is realistic is to determine if you have accomplished anything similar in the past or ask yourself what conditions would have to exist to accomplish this goal.

Tangible – A goal is tangible when you can experience it with one of the senses, that is, taste, touch, smell, sight or hearing. When your goal is tangible, or when you tie a tangible goal to an intangible goal, you have a better chance of making it specific and measurable and thus attainable.

Intangible goals are your goals for the internal changes required to reach more tangible goals. They are the personality characteristics and the behavior patterns you must develop to pave the way to success in your career or for reaching some other long-term goal. Since intangible goals are vital for improving your effectiveness, give close attention to *tangible* ways for measuring them.

Steps to Setting Goals

Source: Zig Ziglar

A study conducted by David Jensen at UCLA covering a broad range of people from all walks of life concluded that people who set goals and develop a plan of action to reach them are happier and healthier, earn considerably more money, and get along better with people at home than do people who have no clearly defined objectives. Consider this happiness factor as you set your goals.

“Don’t Worry – BEE Happy”

1. Identify the Goal (be specific: “I want to be happy” versus “I want to work in an educational environment with optimistic, proactive people”)
2. Date the Goal (day, month, year)
3. What are the present obstacles? (I do not have any teaching experience)
4. People – what people will you want to enlist to help you achieve this goal; who do you want to tell your goal to; who not to tell? (you will need a coach who believes in you not someone who doesn’t want you to succeed)
5. Skills – existing and new (what can you do now; what do you need to learn)
6. Action Plan (I need experience even if I have to volunteer. What you think about is what you create, what you put into action is what you become.)
7. WIFFA – What’s In It For Me (write down the benefits you will receive by achieving this goal).

Be detailed and specific when you write your goals.

- 15% of Success comes from technical skill
- 85% of Success comes from our attitudes
- Only 3% of people have an organized goal program

Values lay the groundwork for your goals; Goals lead to the fulfillment of your mission; your mission leads to the realization of your life's work - your legacy.

Career Goal Planning Worksheet

Date Set: _____ Date Achieved: _____

S.M.A.R.T. GOAL (Specific, Measurable, Attainable, Realistic, Tangible)

Benefits I will Receive from Achieving This Goal:

Specific Action Steps to take to Achieve this Goal:

1. _____
2. _____
3. _____
4. _____

Possible Problems:

Possible Solutions to any Problems Encountered:

Suggestion: This idea comes from *The Millionaire Mind* by Thomas Stanley, Ph.D. Start a *Career Collection Container*, read newspapers, magazines, trade journals etc. and clip articles that interest you. This will help you focus on your goal and generate a collection of treasured ideas.

Pyramid of Life

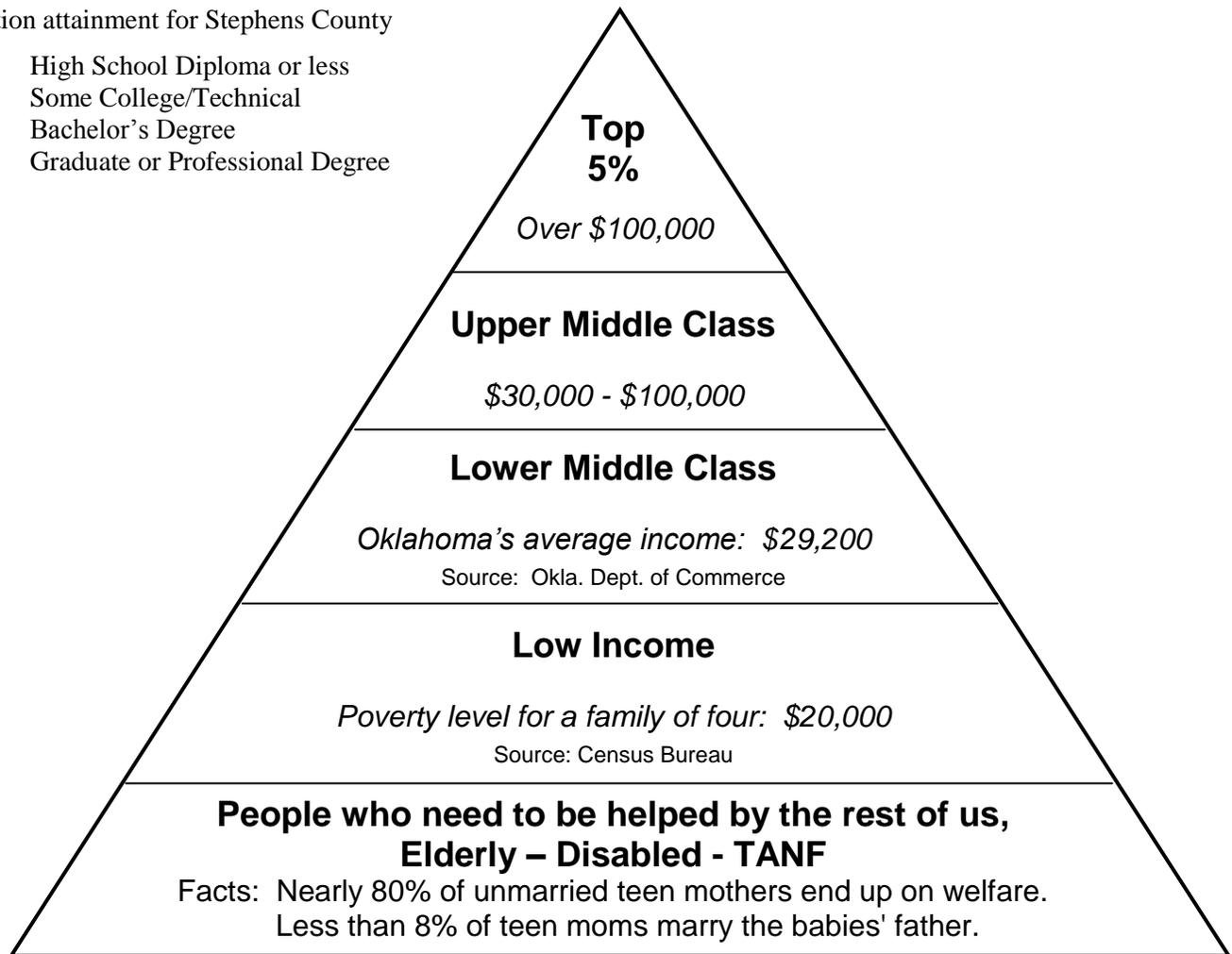
Source: Lead the Field

by Earl Nightingale

The Socioeconomic Pyramid

Education attainment for Stephens County

59.4%	High School Diploma or less
22.7%	Some College/Technical
13.8%	Bachelor's Degree
4.2%	Graduate or Professional Degree



What section of the pyramid do you want to live in? You have the freedom to choose your lifestyle. The desire to succeed and education (either formal or self-directed learning) will get you to the top. It's up to you to make the choices that determine your future. In 2006 17% of Oklahomans lived in poverty.

Three Things Determine Where You Will Live on The Pyramid of Life

1. **Education** - see *Steps to Success* on the following page
2. **Money Management** - it's not how much you make
it's how you spend what you make
3. **Choices** - manage your choices and you will manage your life

Choose Character not Drugs - Why?

"We become what we are as a person by the decisions we make."

-- Aristotle

According to a recovering drug abuser you only have three options if you abuse drugs: More information on www.3DYouthCoalition.com

1. **Go Crazy** (teenage brains are still developing until age 21; alcohol and drug use affects brain development and erodes their ability to make sound decisions. Alcohol kills more young people than all other drugs combined and 65% of all date rapes are alcohol related.)
2. **Go to Jail** (Stephens County Drug Court Judge Carl LaMar says everyone he sees wants to get off drugs, but it is very hard because they are addicted and they wish they had never started taking drugs)
3. **Death** (either by the drugs or the drug dealer)

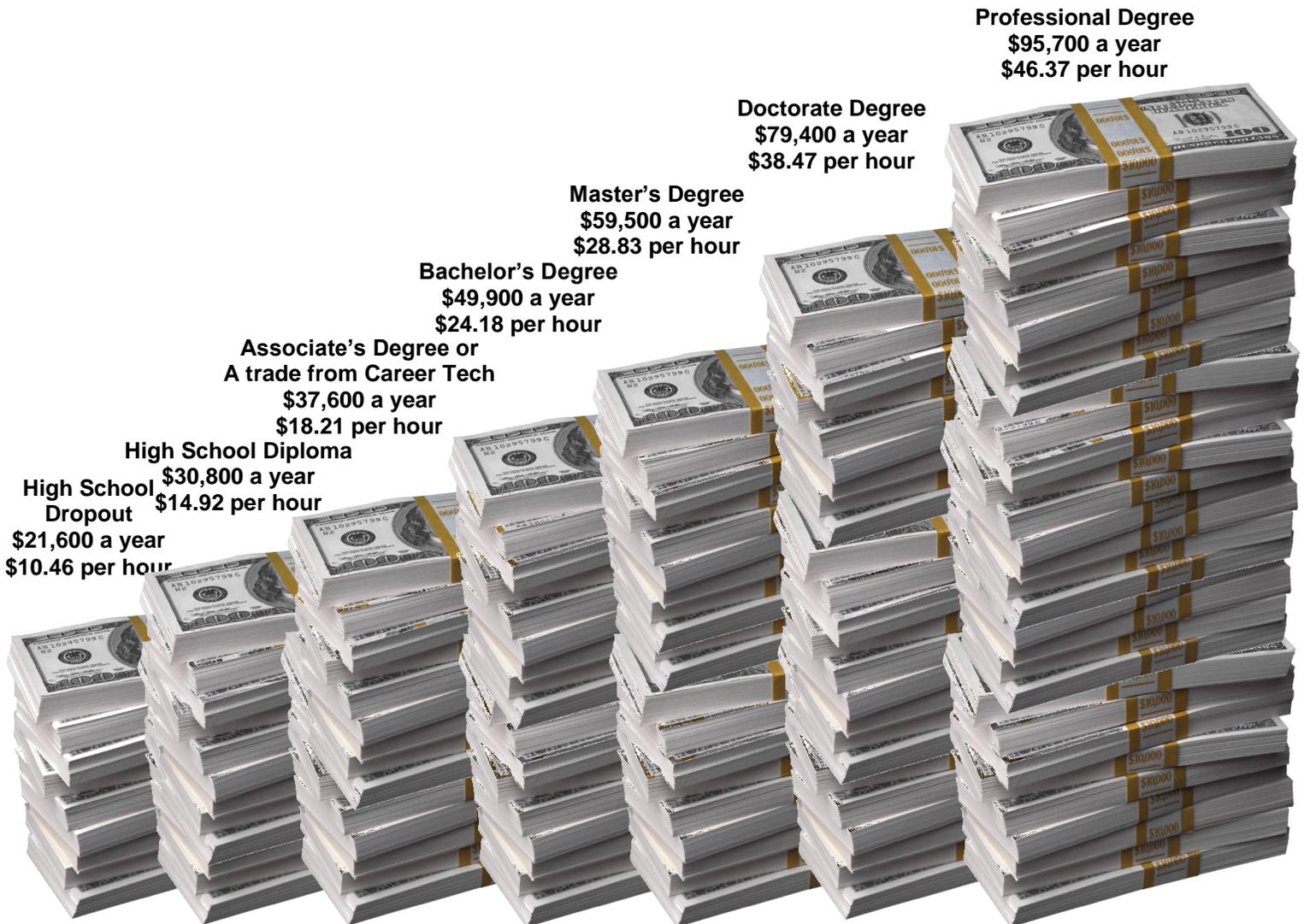
These are not options that will get you to the top of the Pyramid of Life and your Dream. Senator Anthony Sykes told the 2007 Youth Leadership Class "*Peer Pressure response separates the winners from the losers.*" Learn how to say NO and practice it!!

1. Plain and simple. "No thanks"
2. Forceful. "Are you crazy? Those things can kill you."
3. Friend. "If you were really my friend, you wouldn't ask me to do something that could kill me."

Steps to Success

(2003 Median Annual earnings of full-time wage and salary workers.)

Source: U.S. Census Bureau, as reported in "Education Pays 2004: The Benefits of Higher Education for Individuals and Society."



TWO exceptions to this education scale can be: Sales and Entrepreneurship

FACT: Only one-third of teen mothers receive a high school diploma, and only 1.5% have a college degree by the time they reach 30.

WHY GO TO COLLEGE? Go to www.mapping-your-future.org then Features on the left side bar; then Web Casts.

Ready for College or Work?

Source: Governor's Council for Workforce and Economic Development
www.GrowOklahoma.com click on *Find a Job* tab to learn about WorkKeys

FACT: 40% to 60% of the jobs available in 2015 *do not currently exist*.
(Nano-, Bio-, Information Technologies - this is why we must teach lateral thinking)

FACT: 40% of all new jobs created are in the Health Care Industry.
(the Health Care Economy is 12% of the workforce)

FACT: 80% of all U.S. jobs are in the Service Industry; 10% in Manufacturing;
2% in Agricultural.

FACT: Only 21% of jobs in the U.S. require a bachelor's degree.

FACT: 75% of jobs in the U.S. require training beyond high school but
below a four-year degree.

21st Century Employability Skills:

- + Attitude and Communication
- + Critical thinking and decision making
- + Self-directed and continuous learning
- + Team contribution and leadership
- + Organization skills and multi-tasking

Why are manufacturers rejecting job applicants?

- + 69% - inadequate basic employability skills (Character: Trustworthy & Responsibility)
- + 32% - inadequate reading/writing skills
- + 21% - inadequate math skills
- + 17.5% - inadequate oral communication skills

Employers Solution: WorkKeys and Career Readiness Certificate

- + Reading for Information - Locating Information - Applied Mathematics
- + Testing will result in a Gold, Silver or Bronze Certificate
- + Soft Skills and KeyTrain component available to upgrade skills and scores
- + H.S. diplomas are not equal; employers want employees assessed for skills

Oklahoma's 1993-94 Freshman Progression into H.S. and College:

- + 71% of the Freshman enrollment graduated from high school
- + 59% of High School graduates enrolled directly into college
(28% graduated with a Bachelor's degree in six years)
- + Only 12% of the 1993-94 Freshman received a Bachelor's Degree
in six years

You're the only person with whom you will spend every minute of the rest of your life. Make it a life you like and a person you'll enjoy. – Mark Twain



FIVE YEAR Career Development Plan

*Contact Jackie Jacobi for an appointment if you need help with your plan
580.255.2903 ext 271 or jjacobi@rrtc.edu*

Leaders who use their emotional intelligence (feelings and intuition) to think more clearly about new challenges become better decision makers and problem solvers. You can develop your emotional intelligence by:

1. Acknowledging your feelings.
2. Listening to your inner voice.
3. Channel your feelings into constructive communication or action.

The successful individual knows who they are and uses their talents wisely.

Success comes to those with the courage to pursue it. – Jackie Jacobi

You can increase your intellectual capital by setting goals and executing a five-year plan of action. It should incorporate the following five areas of your life: Career, Education, Financial, Family, and Personal. Decide what is important for you to complete in year one, two, three, four, and five in each of the above areas. Example:

Career:

Year 2011	Start a Career Journal
Year 2012:	Assess my personality, learning style, values and complete a career interest inventory
Year 2013:	Prepare an individual detailed SWOT analysis
Year 2014:	Learn how to complete a job application, write a resume and prepare for the interview
Year 2015:	Job shadow, internship, apprenticeship, or get a job

FIVE YEAR Career Development Plan

The purpose of the five-year plan is to help you define your goals and create a plan that will empower you to be in control of your destiny and future so you can achieve Peak Performance.

The five-year plan should incorporate the following five areas of your life: Career, Education, Financial, Family and Personal. Decide what is important for you to complete in year one, two, three, four, and five in each of these areas.

CAREER:

Year 2011:

Year 2012:

Year 2013:

Year 2014:

Year 2015:

EDUCATION:

Year 2011:

Year 2012:

Year 2013:

Year 2014:

Year 2015:

FINANCIAL:

Year 2011:

Year 2012:

Year 2013:

Year 2014:

Year 2015:

FAMILY:

Year 2011:

Year 2012:

Year 2013:

Year 2014:

Year 2015:

PERSONAL:

Year 2011:

Year 2012:

Year 2013:

Year 2014:

Year 2015:

