



The Goal Setting Project

Workshop for Students

Gary A. McAbee

Today's students need to understand the importance of setting goals. The concept of the goal setting workshop for students is to get them to realize that a goal must be written so it can become a reality. Far too often, students start with BIG dreams, but they do not know how to make them become a reality. This workshop helps to lay the foundation by writing goals, committing to action, overcoming obstacles, accepting results, and using self-reflection.

Part one of this workshop defines goals and reasons why goal setting is important.

Part two of this presentation highlights various success stories from people who used goal setting to achieve their goals:

Part three of this workshop is using a goal worksheet. The Goal Worksheet is a living, breathing document that can, and should be updated as often as possible. The students will learn that they should not push back the completion dates for their goals! Instead, they should stay the course and check their progress when the date of completion arrives. The final learning phase is evaluating progress, accepting results, and then planning to make a better, more focused attempt next time by creating a new plan.

What are they saying about this presentation...

• "You brought something very different to me. A new way of learning, something that broke the mold of my previous years. You taught something we can use in the real world; confidence in ourselves and our abilities."-Carolina L. High School Student

For more information about The Goal Setting Project workshop, contact Gary today...

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The Goal Setting workshop is based on the concept of writing goals...

The Goal Worksheet has been used by many people to accomplish both short and long term goals. Its purpose is to get you to **commit** to your goals by writing them down, reviewing them daily, and monitoring your progress. It is important to set a challenging goal that you would like to accomplish. Think **BIG!** Do not limit yourself! The key to your success lies in the details. It is very important that you write and recite the benefits of achieving your goal. Also, write down obstacles that will hinder your progress and include ways to overcome them.



Gary A. McAbee created Motivation for the World, which is the platform for his motivational speaking and writing. He is the proud author of two self-help books: Wake Up! 42 Ways to Improve Black America Now! and Rise Up! 42 Additional Ways to Improve Black America Now!

**Motivation for
the World: One
person at a time!**