



Goal Setting Worksheet

Name _____ School _____

THE DALE CARNEGIE TEEN PROGRAM® PROVIDES THE FOLLOWING BENEFITS:

Please check all those you feel would be important to you.

1. **DEVELOP MORE SELF CONFIDENCE** - Gain a greater belief in yourself and your abilities. Intensify your positive self-image.
2. **COMMUNICATE MORE EFFECTIVELY** - Get your thoughts and ideas across quickly and to the point with fewer misunderstandings. Add more impact to your ideas and opinions. Become a better listener.
3. **OVERCOME THE FEAR OF AN AUDIENCE** - Be at ease in front of a group, think and speak on your feet, say what you intend to say in the manner you intend to say it. Speak up in class.
4. **DEVELOP BETTER LEADERSHIP ABILITIES** - Improve your skills in dealing with people. Increase your ability to motivate and inspire willing teamwork.
5. **SELL YOURSELF AND YOUR IDEAS** - Present yourself in a more persuasive manner. Increase enthusiasm and come across the way you would be most effective.
6. **REDUCE STRESS AND WORRY** - Approach your school, home and work problems more constructively. Become more adept at working under pressure. Be more in control of yourself and your daily situations.
7. **BECOME MORE ASSERTIVE AND BE DECISIVE** - Respond successfully to difficult situations by expressing yourself with greater conviction and strength. Make firm, clear-cut decisions.

REQUIRED: WHICH THREE WOULD BE MOST IMPORTANT AT THIS TIME?

1st _____ 2nd _____ 3rd _____

Give two examples of situations you would handle better at home, school or work if you improved in the above areas:

If you were able to improve in the above areas, what would you do differently...

At home? _____

At school? _____

At work? _____
