MY BIG GOAL

While dealing with challenging situations it is helpful to consider your larger goal.
A larger goal is connected to your future or to your direction in life.

To consider your larger goal, think about these questions. Why are you taking this subject in school? Why are you studying for this exam? Why do you want to do well?

If your answer is simply "to get a good grade," take a step back and consider why a good grade is important to you.
How is a good grade connected to your larger goal?
A larger goal would sound something like: "I want to be a physician," "I want to have a high school diploma," "I want to be a software engineer," "I want to go to college."

Take a few moments to consider your larger goalClose your eyes and imagine yourself achieving this goal.

Write down what you are imagining. What is your big goal?
If you have more than one, write them down and, if you can, number them in order of priority.