

## **“Where do you want your life to be 10 years from now?”**

'Cheshire Puss,' she began, rather timidly, as she did not at all know whether it would like the name: however, it only grinned a little wider.

'Come, it's pleased so far,' thought Alice, and she went on. 'Would you tell me, please, which way I ought to go from here?'

'That depends a good deal on where you want to get to,' said the Cat.

'I don't much care where--' said Alice.

'Then it doesn't matter which way you go,' said the Cat.

'--so long as I get SOMEWHERE,' Alice added as an explanation.

'Oh, you're sure to do that,' said the Cat, 'if you only walk long enough.'

Lewis Carol, *Alice's Adventures in Wonderland*

If being an exchange student teaches us anything, it is that each of us has a natural inclination to grow our self-esteem and capability through new accomplishments. Most of us now want not only to live life as fully as we can, but we also want to make a difference in the world. To achieve this, one of the best motivators is to clearly set our goals.

Today, we want you to think ahead a full ten years from now. One decade from today, where do you want to be? What do you want to have accomplished? Who do you want to be a part of your life? What obstacles are you going to clear from your path? How are *you* going to make a difference in the world?

Perhaps the best way to achieve any goal is to state it, remember it, share it, and then strive for it. Here are some proven tips toward setting your goals and accomplishing them.

1. Remember, these goals are yours alone. Therefore, own them! Be proud of them!
2. Base your goals in your own value structure, however much that might have changed during your year abroad.
3. Use positive thoughts to enhance your belief in your ability to accomplish your goals.
4. Paint vivid, exciting goals with measurable outcomes.
5. Write your goals down, enumerate them as concrete ideas.
6. Share your goals with the people who are most important to you.
7. Refer back to them periodically to check your progress and reinvigorate your commitment to them.
8. Take action when you hit an obstacle and don't beat yourself up. Eliminate the obstacle, or modify the goal.
9. Celebrate your successes! Reward yourself, even in small ways. And share your successes with people who are important to you.
10. Reassess your goals periodically, and then re-write them for further review.

And as before, there are no right or wrong answers to this exercise.

INSTRUCTIONS:

- 1. Read through the list of goal setting tips above. Then re-read them just to be sure they are clear to you.**
- 2. Turn ahead several pages in your Examination Book. Write “Ten years from now .....” across the top of the page.**
- 3. Then write five to ten goals - concrete and clear goals - that you can realistically achieve in the next decade. Be honest, be self-aware, and most importantly, be proud of how you have changed, matured, and grown through your international experiences. Focus how the New You now has a new and exciting future to create and explore.**