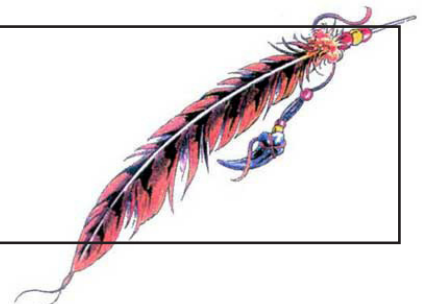


Lesson 2

Positive Goal Setting

Pearl of
WISDOM



William's Story, Part 2

A few days later, William was on his way back from a sweat with Uncle Jimmy Boy. He was surprised and a little nervous when he ran into Sam, an old high school buddy of his. But he relaxed when he found out that Sam was also practicing his traditional ways to help him stay drug and alcohol free.

Sam (honest): **“The good old days weren’t so good to me either, William. The partying got out of control after school ended, and I ended up in a lot of trouble. I finally realized how much shame and hurt I was bringing on my family, and I got serious about getting my life straight. I’ve been on the Red Road for five years now. There’s a Wellbriety meeting in the basement of the church tonight at 7:00PM, if you want to come.”**



That night before the meeting, William opened up to Sam. He talked about some of the hard lessons he had learned, and the things that truly mattered most in his life.

William (humble): **“I felt bad about running out on my son and his mother before he was even born. When my father died last fall, I resolved to come back here, to try to become part of Thomas’ life. But I know that Christine’s parents won’t want me around either one of them until I’ve proven myself in the community. I need to find some work so that I can contribute, so I can feel good about myself again. Mostly I need to stay clean and sober, cuz I can’t do any of those other things if I start drinking again. ”**

Sam (smiling): **“One step at a time, William. You’ve made a commitment. And you’re doing the next right thing by coming to this meeting tonight.”**



After the Wellbriety meeting, the two of them went to the Rez Diner with a couple of other members. A hurried young waitress named Cheryl gave them menus.

Cheryl (impatient): **“Sit wherever you want. We’re short a waitress tonight, so I’ll get to you as quick as I can.”**

William's Story, Part 2

William (nervous): **"I'm sorry. What are your specials tonight?"**

Cheryl: **"They're on the board. Read them for yourself."**

William squinted at the handwritten menu board for a minute then turned to Sam.



William (looking down): **"Sam, I left my glasses at home. What's on that specials board?"**

Sam starting going through the menu. But before he could finish, the waitress showed up again. She took orders from the other men, then tapped her foot impatiently as William tried to decide what he wanted.

Cheryl (snobby): **"Come on. I don't have all night."**

William (panicked): **"Um.... I think I've changed my mind about eating. I just remembered that I promised Gramma Sis I'd help her with something at home."**

The waitress walked away, shaking her head and calling out the orders to the cook.

Sam (concerned): **"William, are you okay? You look kind of sick."**

William (flustered): **"Sure, Sam. I just need to get back to the house. I'm not really hungry anyway. Sorry for the mix-up. I'll see you next time?"**

With that, William walked quickly out the front door, leaving Sam and his friends wondering exactly WHAT was going on.

Personal Goals

Self-improvement is harder when we don't know where to start. Goal setting begins by thinking BIG, imagining what could be better in our lives, then focusing in on the details.

1. List some of your personal, family, and cultural VALUES -- the things that are truly most important in your life.



William might say:

"Sobriety, contributing to the family, being trustworthy."

What would YOU say?

Some of my most important values are:

2. LONG-TERM GOALS usually require months or years to reach, and can seldom be accomplished alone. Pick just ONE of your values and write a LONG-TERM GOAL for it.

Based on the value of being trustworthy, William's long-term goal is:

"I want to earn the trust of my family and community over the next year."

"I value _____, so over the next several months/years, I want to _____"

Now imagine some positive things that will happen if/when you reach this goal. These things will motivate you to be more successful.

Positive outcomes for William might be:

"I'll feel proud of myself for being a good grandson/nephew."

"I'll have a support network to help me stay sober & find work."

"I'll prove myself to Christine and her family."

"When I reach this long term goal, positive outcomes for me will be:"

1. _____
2. _____
3. _____

3. SHORT-TERM GOALS require only days or weeks to reach, and can sometimes be done on your own. Write two (2) SHORT-TERM GOALS that are related to your long term goal.

William's long-term goal is to earn trust with his family & community, so he sets these related short-term goals:

- (a) "I want to be truly helpful to my family this month."
- (b) "I want to get involved in community activities on a weekly basis."

"One related short-term goal is:

Another related short-term goal is:

"I want to _____

 _____"

"I want to _____

 _____"

4. ACTION STEPS are specific tasks that will help you reach a short-term goal. Brainstorm 4-5 action steps to get started on each short term goal.

William plans to get started on his short-term goals:

To be helpful to his family:

- Clean up yard
- Make repairs to roof

To get involved in community:

- Attend sweats with Uncle Jimmy
- Contribute toward a memorial feast

"To start on my first short term goal"

- _____
- _____
- _____
- _____
- _____

"To start on my next short term goal"

- _____
- _____
- _____
- _____
- _____

Which of these action steps will you commit to doing in the next week? CIRCLE THEM.

KEY POINTS

in Lesson 2

1. The path to self-improvement begins with a vision of a better future, and the courage to make the first few steps.
2. Short-term goals and action steps serve as markers to motivate us during periods of doubt and uncertainty. Long-term goals offer major milestones, opportunities for celebration and recognition.

MiniQuiz #2

PART 1: Label each as L (Long term goal), S (Short term goal), or A (Action step).

- ___ 1. Alan wants to reconnect with his family someday.
- ___ 2. Alan wants to improve communications with his oldest son and daughter.
- ___ 3. Alan decides to write at least one upbeat letter every single week to his children.
- ___ 4. Brenda commits to visiting at least 5 rental offices this week.
- ___ 5. Brenda lives at home, but really wants to be independent.
- ___ 6. Brenda wants to find a place of her own in the next 30 days.

PART 2: Read the following story about Bonnie and help her with her goals.

Bonnie was in a terrible mood all the time. She snapped at her mom and brother, and cried at the drop of a hat. One day, her mother was sewing a beaded pow-wow cape for her niece, and suggested again that Bonnie look for a job in town.

BONNIE: "I'm just not like those people in town! My clothes, my hair -- I just don't fit in with them. They won't like me anyway! Why should I go work in one of their stupid stores?"

MOTHER: "My girl, Indian people did not survive the last five hundred years by sitting at home on their sofas. We are hard workers, and always have been."

BONNIE: "I know, Mom. I really do want a job. I want to make money to help out here at home, and I'd love to be able to hang out with my friends when they go to the mall or to the movies. But I freeze up in interviews, and I'm so worried about how people might treat me if I get a job in some preppy office off the Rez. I'm so stuck! I don't know what to do!"



Underline two of Bonnie's long-term goals in the paragraph above.

A good short-term goal for her is: _____