

「Face Everything And Rise

2025





What makes up Goals?

Purpose

Plan

Follow up

Action

Project

Commitment



Why Goals?

What are some examples of goal setting that are already in your life?



How can they help us grow?

Dale Carnegie

Learned:

“ If you are not in the process of becoming the person you want to be, you are automatically engaged in becoming the person you don't want to be.”

Resilience

- 1: The capacity to withstand or recover quickly to difficulties
- 2: The ability of a substance or object to spring back into shape.



3 stars and a wish



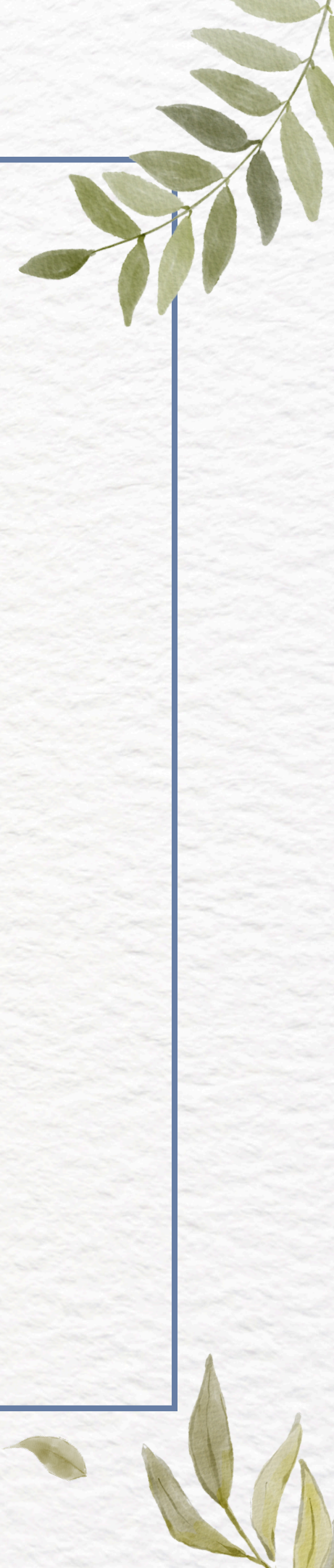
What are three things you are good at?

- Baking
- Making friends
- Helping others

What is one thing you want to work on?

- Staying organized

Make a Plan!

- Get a planner and fill it out
 - Every Sunday night fill out the next week
 - Review at the end of the week to see what I can do better
- 

3x4



Purpose

**Set goals and
make plans**



Goal

**Record and
schedule**



Plan

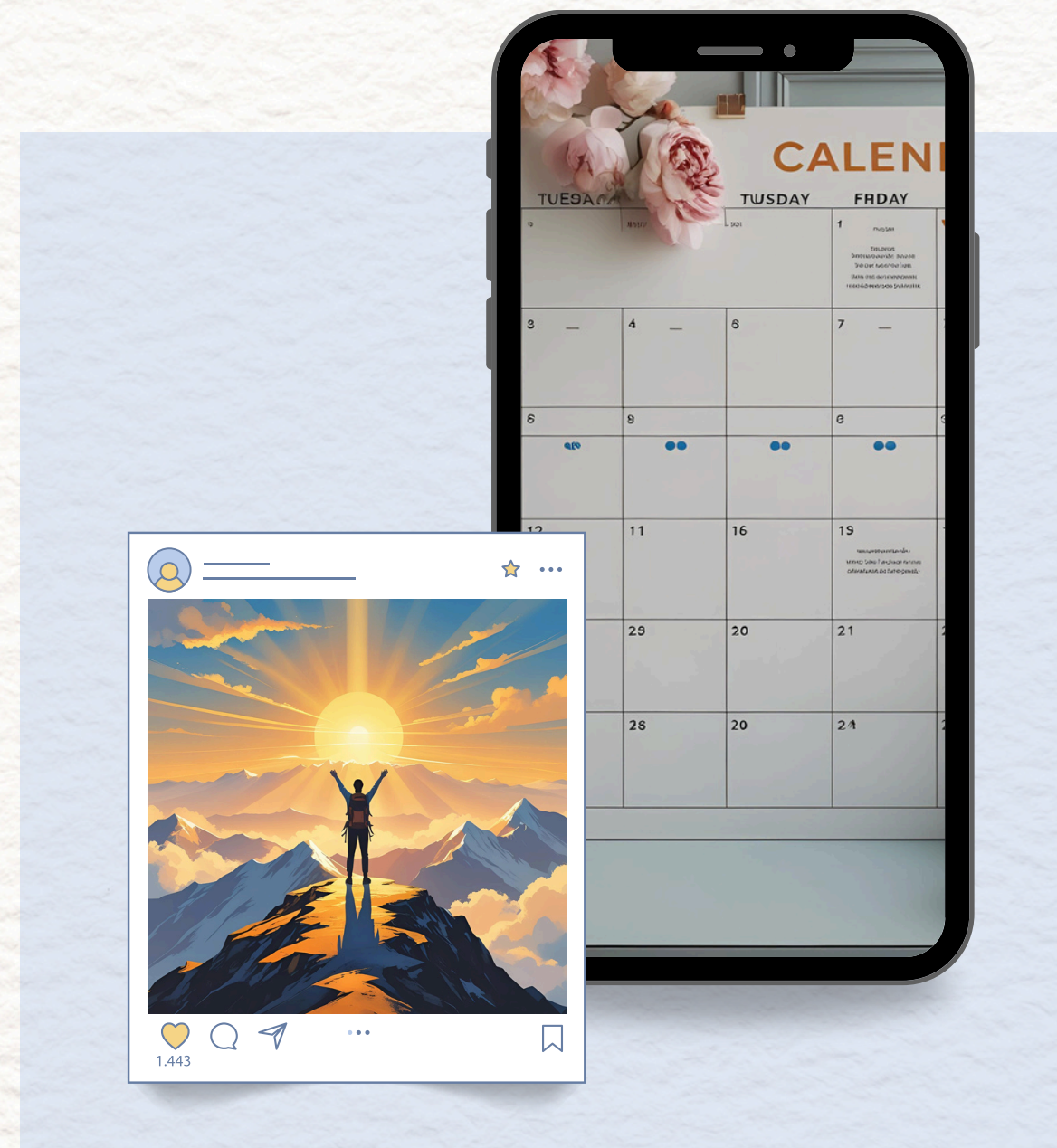
**Review and
follow up**

Action

What makes us busy?

What makes us effective?

What helps us achieve?



Story Time



Question #1



Who in your life has set goals and achieved them?



Question #2



What goals do you want to set now and how will you act on them?

The image features a light cream-colored background with a subtle paper texture. A thin, dark blue rectangular border frames the central text area. In the corners, there are delicate watercolor illustrations of flowers and foliage. The top-left corner shows a cluster of small blue flowers and a single larger yellow flower. The top-right corner has a sprig of green leaves. The bottom-left corner features more small blue flowers. The bottom-right corner is decorated with a large yellow flower, small blue flowers, and a cluster of small white flowers with yellow centers.

Thank You

rogersadrie@gmail.com | [@Misspayson.ut](https://www.instagram.com/Misspayson.ut) | Adrie Rogers