



Read the excerpt below:

Keep Your Goals in Sight

On July 4, 1952, Florence Chadwick was on her way to becoming the first woman to swim the Catalina Channel. She had already conquered the English Channel.

The world was watching. Chadwick fought the dense fog, bone-chilling cold and many times, the sharks. She was striving to reach the shore but every time she looked through her goggles, all she could see was the dense fog. Unable to see the shore, she gave up.

Chadwick was disappointed when she found out that she was only half a mile from the coast. She quit, not because she was a quitter but because her goal was not in sight anywhere. The elements didn't stop her. She said, "I'm not making excuses. If only I had seen the land, I could have made it."

Two months later, she went back and swam the Catalina Channel. This time, in spite of the bad weather, she had her goal in mind and not only accomplished it but beat the men's record by two hours.

Goal setting is important because it:

- provides direction
- guides our actions and choices
- helps us determine how to spend our time
- creates a sense of responsibility to ourselves
- gives our lives meaning, purpose and passion
- teaches us how to set priorities
- helps us recognize our abilities
- gives us a sense of the bigger picture
- can turn our dreams into reality

Have students complete the attached reflection.



Name:

SAINT JOSEPH CATHOLIC HIGH SCHOOL

STRIVE – GOAL SETTING

1. Write down something that you wish to accomplish.
2. When do you want to accomplish it?
3. What are three things that you could do today or this week that would get you closer to your goal?

✓

✓

✓

Follow-up...

4. Did you accomplish the three action items outlined in #3? If yes, how did it feel? If no, why not?

✓

✓

✓

5. Were there any other action items that would have been better?

6. What are three things that you could do today or this week that would get you closer to your goal?