

By becoming a **VIP**, you will know what you *believe*, how to *achieve* goals, and you will know how to *live life with vision* by making positive decisions.

Activity/Discussion: Take time to discuss the answers to some sample questions listed in the Mentor's Guide about setting and achieving **Values-Based Goals**.

**MENTOR'S NOTE:**

- 1. Why do you need to set goals?** *Achieving Things of Value will take time, and multiple steps are most likely required. Setting goals is one way to keep track of the steps required.*
- 2. Why is it a good idea to set goals based on Things of Value?** *By setting goals based on how you prioritized the Things of Value or Values-Based Goal categories, two things are accomplished. First, you will be accomplishing something of value rather than wasting time. Second, by setting goals based on your priorities, you will be accomplishing things that are important to you.*
- 3. Why should you set long-, mid-, and short-term goals?** *The long-term goal is the vision of what you want to do or achieve, the mid-term goal is a benchmark that confirms you are making progress, and the short-term goal is the list of "to-dos" that will need to happen for the goal to be realized.*
- 4. Why should you set your long-term goal first?** *You cannot buy an airplane ticket to go on vacation until you know where the vacation is going to be! If you do not know where you are going ... how will you know when you get there?*

Long-term Values-Based Goals should take about 3 weeks to accomplish and have up to three mid-term goals associated with them.

Mid-term Values-Based Goals should take about 1 week to accomplish and have up to three short-term goals associated with them.

Short-term Values-Based Goals should take about 1 day to accomplish.

**In short:** the future VIP you are working with should achieve any long-term Values-Based Goal in about three weeks by accomplishing up to nine individual tasks. You could have less than nine tasks associated with it ... just never more than nine daily tasks.

*Our objective is to introduce youth to the concept of goals and to point out that several steps are required to accomplish something of value. If the goal takes more than nine steps, the future VIP might lose interest. However, if the person you are working with can handle a more challenging long-term Values-Based Goal, feel free to challenge him or her appropriately.*

Push the **PLAY** button after discussing these questions with the future VIP.