

**SETTING A GOAL**

**GOAL** = Thing(s)/activity(ies)/experience(s)/relationship(s) an individual desires to obtain or acquire, engage in or establish which will help him or her to increasingly realize underlying values

Date I set this GOAL: March 11, 2010

STEP 1...............................................What is my GOAL? (It must be realistic and measurable)

To become a CHEF

STEP 2......When achieved, what will be the BENEFITS? ..........Things I WILL TRY TO AVOID while in pursuit

BENEFITS: (1) Flexibility/mobility (can probably get a job in most cities) (2) Satisfying & enjoyable (related to my passion) (3) Good salary

THINGS TO AVOID: (1) Overeating (2) Being away too much from family on weekends (3) Health issues

STEP 3........OBSTACLES I will/may have to overcome..................HOW?

(1) Lack of transportation (I am not on a bus line) Buy a car or find someone I can car pool with

(2) Not close to college I want to attend Either relocate or change goal

(3) Unable to get into culinary arts program next fall Start college part-time/take basics and get on "waiting list"

STEP 4......What do I need to know/learn/or training I need to have, etc.

(1) Learn more about how much chemistry is needed for this career (2) Read up on this field / explore the pros/cons (3) Need to complete at least a two-year degree program in culinary arts

STEP 5......WHO can help me reach this goal?

* Counselors * Parents/guardians * My current foods instructor

* Admissions specialist at school of choice * Other students in culinary arts programs

STEP 6......What are the STEPS I PLAN TO TAKE in order to meet my goal?

1) Complete with high marks the foods class I am taking as well as other classes / graduate By When? 5/11

2) Apply for / Decide on what CA program to enroll into By When? ASAP End of May

3) Get part-time and/or summer job as a cook By When? ASAP

4) Apply to 7-10 places in next 2 months By When? Feb. 2011

5) Save money for and pay tuition/fees for culinary arts program, if needed By When? August, 2011