

Chapter 4: Assignment

Becoming Dedicated

Objective: This assignment will help you identify your goals, recognize potential challenges, and create a simple strategy to stay committed.

Instructions:

1. Identify Your Goals:

Write down three specific short-term goals (that you will accomplish within the next three to six months). Be clear and specific, like the following:

- “I want to lose ten pounds by exercising three times a week.”
 - “I will complete my certification by studying five hours a week.”
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2. Recognize Challenges:

For each goal, list two potential distractions or obstacles that may get in your way (e.g., procrastination, social events, work stress).

3. Create a Commitment Strategy:

- For each goal, write down how you’ll stay focused and dedicated.
 - What specific actions will you take to overcome distractions?
 - How will you remind yourself of the importance of each goal?
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4. Stay Focused:

Write a short motivational statement or mantra to help you stay committed when tempted to stray from your goals. This will remind you of your dedication.

Outcome: This assignment helps you build dedication by setting clear short-term goals, identifying potential obstacles, and developing strategies to stay committed. By outlining specific objectives, recognizing challenges, and creating actionable plans to overcome distractions, you reinforce discipline and focus. Additionally, crafting a personal motivational statement serves as a reminder of your commitment, ensuring you stay on track even when faced with setbacks.

Additional Space
