Goals help move us forward to being our best self. First we are clear and specific about what we want. Often what we want is outside our comfort zone in our learning zone. For success in achieving what we want, we look at *What’s In It For Me?* How will I benefit from achieving this goal? We reflect on the Key of Failure Leads to Success and remind ourselves to learn from mistakes along the way. We notice if any fimage is holding us back and ask ourselves . . . *Am I confident in who I am and what I want?* *Am I willing to give 100% effort to make it happen?* Being clear on what we want and taking the steps to get there lead to our being **My Best Self.** A good way for students to be clear and successful in pursuing their goals is to follow a goal-setting frame.

**What I Want**
This first step is about identifying our goal and painting a clear and specific picture of exactly what it is we want to accomplish.

**What’s In It For Me?**
This step identifies why we want to accomplish this goal. What are the benefits of accomplishing the goal, and what will we gain when we achieve the goal.

**Fimage & Failure Leads To Success**
This step is where we identify what might get in the way of achieving our goal. What are the barriers?

**My 100% Effort**
And now we’re ready to take action! What is the very first thing we can do to start working toward achieving our goal? Maybe it’s the first step in our outline or maybe it’s even something more immediate than that. What is one thing we can do **today** to move toward achieving our goal?

Once students begin this process and take action every single day, they’re amazed how quickly they achieve their goal and are taking steps to being their best self.