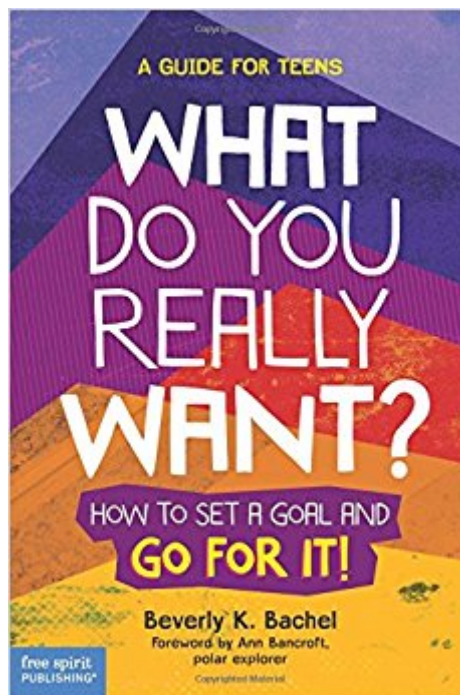




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What Do You Really Want?: How To Set A Goal And Go For It! A Guide For Teens



Synopsis

Setting and sticking to goals can ease stress and anxiety, boost concentration, and make life more satisfying. This updated and revised edition of a trusted step-by-step guide helps teens articulate their goals and put them in writing, set priorities and deadlines, overcome obstacles, build a support system, use positive self-talk, celebrate successes, and more. Updated with new and inspiring stories from teens pursuing their goals, easy-to-use tips for setting and reaching goals, and information on using technology tools to aid in goal setting, the book also includes downloadable forms to use in goal-setting activities.

Book Information

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Customer Reviews

"Bev Bachel has created a fun and easy-to-follow how-to guide to motivate teenagers to think big while building the day-to-day lifelong tools of a personal discipline and realistic action. As I read, I found myself thinking, 'I can, and should, be doing that!'; Fun, with dabs of rigor, organization, and accountability."--Larry Pogemiller, Minnesota Commissioner of Higher Education and former Minnesota Senate Majority Leader

"Whether your goal is to buy your own car, pass your algebra class, or travel around the world, you need this book! Goals will help you get where you want to go, and this book will teach you the what, why, and how-to's and guide you every step along the way. Don't be surprised to find yourself returning to this resource again and again!"

•Marcia Ballinger, Ph.D., Author of *The 20-Minute Networking Meeting*

"From hot tips to the worksheets, this is a valuable, helpful, and fun book to help you get what you want."

•Nicole Middendorf, C.D.F.A.,

founder of Prosperwell Financial. "This book is a great choice for teens of all ages. Adults would even benefit from its guidance. Bachel sets up an easy-to-follow format that will guide readers to success. She encourages them to find their dreams and set goals to achieve them. This is a must have book for any library."

Help teens take control of their goals and achieve what they really want with this updated edition of a popular guide

Good book for middle schoolers.

This book is full of great suggestions related to goal setting at any age. I see the book as being particularly powerful for teens. I have two grown daughters who I believe would have benefitted immensely from this book in their teen years. As a parent of a teen, you often find yourself in reactive mode versus proactive mode. The "Conversation Starters" incorporated throughout the book open the door to proactive discussions with your teens. This book can be used as an introduction to goal setting then returned to again and again as a guide. The "Hot Tip" boxes provide timely, relevant tools and resources. The incorporation of the SMART Goal methodology gives the reader a great foundation for goal setting. The "10 Strategies for Success" further solidify the path to Success. It should be required reading for teens and parents of teens.

We've just finished sharing your wonderful "What Do You Really Want" among our family as part of a summer reading challenge for our teens. I have to say, it was just so refreshing to see my kids engaged chapter after chapter by this marvelous, practical guide. Not only were the stories and anecdotes relatable to my kids, but we all loved the constructive elements like the "goal ladder" along with the many prompts and introspective challenges. So much of what we struggle to instill in our kids was made so simple and straight forward in your book - thank you. As High School students, proper goal setting is more important than ever for our kids, and I am so grateful that I discovered this little gem to help me help them. Thank you again, I can't wait to see the results in my kids! Diane H. Mom of four

Teens are often told they should set goals, but this advice often sounds like it's coming from a fortune cookie: "Set goals and you'll achieve great things!" This isn't actually helpful unless teens

know how to actually set, monitor, and achieve these goals--and where to go from there. Beverly K. Bachel's book covers all this, and more, in a short manual that's easy for readers to digest while offering plenty more food for thought. Bachel clearly explains the process of setting a goal, from figuring out what you want to how to celebrate your achievement, but this book's true gem is the reproducible goal-tracking forms in the appendix and scattered throughout. There's nothing more helpful for reaching a goal than having an easily visible, reusable sheet of paper that you can put on your desk, your door, right by your bedside... This is incredibly useful for anyone; there's nothing about it that limits these tools to just teens. While it seems to be aimed mostly at younger teens or even preteens, the writing style isn't condescending, and treats teens like fully-formed people with their own goals and skillsets (surprise...actually, condescension is something I encountered often in writing as a teenager, unfortunately). I'm barely out of my teens myself, and I can think of a bunch of things that I could have used this book for. And I still can, now. Using a similar goal-setting process, I wrote two full-length novels before my 18th birthday. I know that it was a richly rewarding but also difficult goal, and that my process often needed refinement. A go-getter teen probably knows many of these principles intuitively, but I know that I would have found it helpful to have it all laid out step-by-step so that I could refine that process. I only wish that I could have seen more acknowledgment of the fact that teens and their parents might not always agree on what their goals should be. It's mentioned a few times, but I felt that the topic deserved more attention. Maybe a teenager dreams of being an actor, so they want to set a goal of making the school play...but their parents want them to make the soccer team. It's a story that often repeats itself, and if the parents won't allow something (or pay the activity fee), the goal process is now a lot more complicated, or even impossible. Overall, though, this book contains valuable advice and guidelines, both for teens and adults. (I was given a free copy of this book to read and review.)

I read this book to assess its value as a gift for young people in my life, such as nieces and nephews. Although written for teens, I was pleasantly surprised to find it helpful in refocusing on my own goals. While I've heard some of the advice throughout my 20-year career, I'm continually challenged with staying on task, measuring progress and especially celebrating success. The book includes forms to complete and keep in a ring binder, available to download so you can use them over and over, rather than try to scan from the book. I really enjoyed the real-life examples of young people who have set and met challenging goals, as well as the inspiring foreword by Arctic explorer Ann Bancroft. Author Bev Bachel's writing voice is strong, fresh and encouraging, anticipating and proactively addressing possible barriers to success. Throughout the book, she reminds young

readers that they can share their journey with others or keep some things private, encouraging them to use tried-and-true practices while also making the process their own. I believe this program will help every student reach his or her full potential. If only every student had access to this book, it would probably help close achievement gaps for students with socio-economic, new immigrant or learning disability challenges.

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