

NAME _____

Goal Setting and Motivation with Personal Development

Students: Read through these ideas and choose the one that you can most relate to now in your life. Expand it to be a short speech (3-5 minutes) or a one page written paper, according to your teacher's instructions.

Action Speaks Louder Than Words

We've all been in that place. You have a pretty good idea what must be done, but...

You must begin living your life NOW

You must begin living your life NOW. Not tomorrow, not next month, not next year....

You must create a dream wall

You must create a dream wall in your construction zone. Your construction zone...

When one door closes, another one opens

When one door closes, another one opens. Yes, I'm sure that you've...

Rest prepares your body and mind for life's daily challenges

Rest prepares your body and mind for life's daily challenges.

Your health is the result of your decisions

Your health is the result of your decisions. Exercise every single day. ...

Adapted from: <http://laserfocusedmotivation.com/>