

Setting the Bar High

The video "[Setting the Bar High](#)" discusses the importance of always doing your best and setting ambitious goals for yourself. By always putting our best foot forward and surrounding ourselves with others doing the same, it can be easier to meet our goals.

Try This!

You can't know where you're going or what you need to do to get there if you don't set goals! A wish list is a list of all the things you want to do or accomplish in the future. Think of everything you would like to do in the next 12 months (one year). Then, use the graphic below to write out your goals for the next 12 months. Try to include at least one goal per category.

Wish List

School	Family
Friends	Hobbies
Health	Fun

Now, pick one of the wish list goals you set for yourself. What steps can you start taking today to work towards this goal?