

Quest of Dreams

“Make ye a mighty effort, and choose for yourselves a noble goal.” —‘Abdu’l-Bahá

What do you dream of achieving this year? How about when you’re grown up? That may seem a long way off, but it’s never too soon to define your goals and set off on your quest to reach them.

The first step is to identify what you want to do. What brings you joy? What accomplishments make you feel proud? Who are your heroes? Talk over your answers with friends or family.

Next, write down your specific goals. Choose things with clear results. For example, instead of “Be a better student,” try “Get an A in math class.” Then write down steps you can take toward those goals.

Set deadlines and review your progress often. Imagine yourself achieving your goals. You may run into obstacles, but keep trying. You can develop a lifelong habit of making your dreams come true.

In each flag, write a major goal and a date to reach it. On the steps, write clear actions you will take to reach each goal.

Goal:

By date:

Goal:

By date:

Virtues I can work on

Role model I can research
or someone I can ask for help

A club or group I can join

Books or websites I can read

When I accomplish this,
I’ll be halfway to my goal

Something I can do monthly

Something I can do weekly

Skills I need to develop

Something I can do today