

Jim Tuman

National Public Speaker

139 Amelia
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SELF DIRECTED GOALS PROGRAM – PAGE 1

YEAR OF BIRTH

LAST YEAR

1. HOW DO I WANT TO BE REMEMBERED?

2. HOW DO PEOPLE SEE ME NOW?

3. WHAT CAN I DO TO RECONCILE NUMBERS 1 AND 2?

NAME FIVE PEOPLE, FIRST NAMES ONLY, WHO HAVE HURT YOU DEEPLY OR THAT YOU HAVE HURT DEEPLY.

NOW CHOOSE ONE AND SET A GOAL OF FORGIVENESS

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A GOAL IS A DREAM WITH A DEADLINE.

Goals are **SMART.**

S – Specific

M – Manageable

A – Achievable

R – Relevant

T – Time-related

**THE GREATEST HUMAN TRAGEDY
IS TO DIE WITH THE MUSIC LEFT IN YOU.**

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SELF DIRECTED GOALS PROGRAM – PAGE 3

GOALS

CAREER/FINANCIAL

MATERIAL

HEALTH

FAMILY

HOW DO I WANT TO BE REMEMBERED?

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GOALS

1 Day

7 Day

30 Day

60 Day

90 Day

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SELF DIRECTED GOALS PROGRAM – PAGE 5

THE STATION

By Robert J. Hastings

Tucked away in our subconscious is an idyllic vision. We see ourselves on a long trip that spans the continent. We are traveling by train. Out the windows we drink in the passing scene of cars on nearby highways, of children waving at a crossing, or cattle grazing on a distant hillside, of smoke pouring from a power plant, of row upon row of corn and wheat, of flatlands and valleys, of mountains and rolling hillsides, of city skylines and village halls.

But uppermost in our minds is the final destination. On a certain day at a certain hour, we will pull into the station. Bands will be playing and flags waving. Once we get there so many wonderful things will come true and the pieces of our lives will fit together like a completed jigsaw puzzle. How restlessly we pace the aisles, damning the minutes for loitering – waiting, waiting, waiting for the station.

“When we reach the station, that will be it!” we cry. “When I’m 18.” “When I buy a new 450 SL Mercedes Benz!” “When I put the last kid through college.” “When I have paid off my mortgage!” “When I reach the age of retirement, I shall live happily every after!”

Sooner or later we must realize there is no station, no one place to arrive at once and for all. The true joy of life is: the trip. The station is only a dream. It constantly outdistances us.

“Relish the moment” is a good motto, especially when coupled with Psalm 118.24: “This is the day which the Lord hath made; we will rejoice and be glad in it.” It isn’t the burdens of today that drive men mad. It is the regrets over yesterday and the fear of tomorrow. Regret and fear are twin thieves who rob us of today.

So, stop pacing the aisles and counting the miles. Instead, climb more mountains, eat more ice cream, go barefoot more often, swim more rivers, watch more sunsets, laugh more, cry less. Life must be lived as we go along. The station will come soon enough.