

Realistic and Unrealistic Goals

Read the following statements, indicating whether you think the action goals are unrealistic, realistic but difficult, or easy to accomplish.

1. A convicted murderer, who is serving life in prison without parole, wants to go home for the Christmas holidays.

Unrealistic

Realistic

Easy

2. An unattractive, overweight boy with a great sense of humor wants to become a movie star.

Unrealistic

Realistic

Easy

3. A 16-year-old girl who has always had poor grades in school wants to become a medical doctor.

Unrealistic

Realistic

Easy

4. An 18-year-old boy who is very short wants to play professional basketball.

Unrealistic

Realistic

Easy

5. A woman wants to be President of the United States.

Unrealistic

Realistic

Easy

6. A 16-year-old girl who has just completed a driver training course wants to get her driver's license.

Unrealistic

Realistic

Easy

7. A gang member doesn't want to fight anymore.

Unrealistic

Realistic

Easy

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8. A 35-year-old woman wants to compete in the Miss America pageant.

Unrealistic

Realistic

Easy

9. An 11-year-old boy wants to run away from home and live on his own.

Unrealistic

Realistic

Easy

10. A straight "A" student wants to go to college.

Unrealistic

Realistic

Easy

Now think about your action goals. Write them down.

Three goals that are easy to accomplish.

1. _____
2. _____
3. _____

Three goals that are realistic but difficult.

1. _____
2. _____
3. _____

Do you have any unrealistic goals? If so, list them:

1. _____
2. _____
3. _____