

“ALL WHO HAVE ACCOMPLISHED GREAT THINGS HAVE HAD A GREAT AIM,  
HAVE FIXED THEIR GAZE ON A GOAL WHICH WAS HIGH,  
ONE WHICH SOMETIMES SEEMED IMPOSSIBLE...”

— ORISON SWETT MARDEN

Youth4Youth—September 2010

Active in 20,000 Schools by 2020



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## Success Habit #1 - Plant Seeds of Success

Growing up as a kid on a farm, many hours (or what seemed like many hours) were spent weeding the garden. The strange thing is — **I never remember planting weeds, but somehow they always continued to grow and grow** — and I continued to weed and weed. It was a never ending process.

The same thing holds true for our thoughts and our thinking. Our mind needs to be continually weeded from the weeds of negative thinking, negative peer pressure, negative people, inactivity, boredom and one of the biggest weeds of all — DRAMA. If left untouched, the weeds of the mind permit self-doubt; negative self-talk and other people's negative opinion erode our self-concept and esteem. It causes lack of direction, indecision, procrastination and we easily lose focus on our dreams and direction in life.

Success Habit #1 is an easy way to keep your garden weed-free, so you can create your own prize-winning garden of life. It's what I call the "IT Formula" and deals with goal setting.

### **The "IT Formula"**

#### **1. Write "IT"**

We have over 50,000 thoughts running through our mind on any given day. That's



Sharing goals with their peers.

like one thought every 1.5 seconds. Writing your goal down simply captures a "specific" thought or idea allows you to point your mind unconsciously in a "specific" direction. Research through Yale University shows that the mere action of writing a goal down gives you a 50% chance of achievement. The same research also shows a 3 % chance of achievement for those who do not write goals down. **Thus, the simple act of putting your goal in writing immediately increases your odds of achievement by 47%.** Remember, writing goals down only points you in a specific direction — **Period.** You would agree it's important to be pointed in the right direction wouldn't you?

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Start today writing personal, educational, and career goals in a journal; read them each night just before you go to sleep and your dreams will literally come true. Just make sure your goals are positive, measurable and realistic.

## Had any... BIG dreams lately?

### Key Point:

When setting a goal you do not have to know how you will achieve it. When President Kennedy set a goal to put a man on the moon he didn't know how... he just knew we were.

## 2. Plan "IT"

Next, determine the *how and when*. Plan it or map it. Imagine having a goal but you begin in the wrong direction or you make a few bad decisions in the early stages of working to achieve your goal; this causes one to rapidly become frustrated, lose self-confidence, and enter a state of mind called self-doubt. Good planning assures good choices, increases self-confidence and momentum while greatly reducing the time necessary to reach your goal(s). Your goal points you in a direction and the plan gets you there faster, easier and with less stress.

**Goal = Destination**  
**Plan = Road Map (GPS)**

### Key Point:

Research shows you have a 75% - 85% chance of accomplishing your goal just by developing a plan. Developing a plan takes a small amount of time yet few people do it.

**"The more Success Habits  
I develop,  
...the luckier I get."**



Recently I worked with 100 students (above). Each student wrote three goals, selected one goal and developed a plan for its achievement. Plan development took no longer than seven minutes. The students were amazed at how easy developing a plan was and all they had to do is stop and think. When was the last time you just stopped to think? If it's your life...then spend some time planning and then take the next step: Determine when you will arrive. Set a date when you will accomplish your goal. Make a commitment to yourself and your goal(s).

### Example

**Goal:** Raise my math grade from a "C" to a "B."

### Plan:

- Write down assignments each day
- Do all homework
- Turn in all homework
- Ask questions in class
- Study 10 minutes extra each night

**Date of Achievement:** November 15, 2010

Do you want to enter a certain profession? Your guidance counselor may be able to give you the information that will help you develop the steps to get there!

**(To be continued — Look for Part 2  
of the "It Formula" in our  
October Newsletter)**

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## DIRECTOR'S CORNER

### Does This Goal-setting Thing Really Work?



If you've watched my interview on AM Arizona TV interview, you'll hear me speak about a goal I set while on the edge of the Grand Canyon in 1984. When I returned home to Ohio, I put that goal to writing. Although I never developed a plan or took action steps, I did point myself in a specific direction.

#### — Fast-forward 2 Decades —

About a year before my youngest son was to graduate high school I discovered the thought of my goal would occasionally surface in my consciousness. As I look back over the past few years, I see I was unconsciously taking action steps preparing to reach my goal...Move to Arizona. Within five (5) months of writing my action plan I was living in Arizona.

#### The Conflict Within & The Power of a Goal

When the "Move to Arizona" goal began to surface, I discovered it was planted with a deep personal commitment that made it extremely powerful. I was also in the midst of what I call one of my SOAR Goals (So Outstanding And Remarkable). My Soar Goal: The Youth4Youth Program will be active in 20,000 schools.

Knowing my limitations and how much energy and time a major relocation would require and knowing I could not focus on both goals simultaneously created a major conflict within. It became known to me as "Y4Y vs. The Move." Two goals demanding my attention, both powerful and both unwilling to die — and as of July 2010, I am proud to say Youth4Youth is based in Buckeye, Arizona.

Does this goal-setting thing really work? Try it! Put your goals in writing and develop your plan!

## Start Youth4Youth In Your School or Community

### Y4Y Builds & Promotes

- Trust
- Respect
- Character
- Responsibility
- Accountability
- Leadership
- Self-confidence
- Healthy Lifestyle Choices
- Safe Schools

Contact us to learn how you can start Youth4Youth or bring Ultimate Leadership Training or Success Assemblies to your school or community.

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[leadership@youth4youth.org](mailto:leadership@youth4youth.org)

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**What do these kids all have in common?**

**YOUTH4YOUTH GOING GLOBAL**

**They create safe and positive school environments!**

<b>What is Youth4Youth?</b> 30 - 50 Students In a school building Identifying Problems Creating Solutions Making a Difference Using Positive Leadership and Success Skills	<b>Youth4Youth Builds &amp; Promotes</b> Respect Character + Leadership Responsibility Self-Confidence Positive Habits School Safety & Security Taught by Student Leaders	<b>You Can Help Make It Happen</b> Annual Leadership Conferences School Leadership Conferences Inter-School Exchange Programs Annual Speech Contest Youth Staff Support Operating Support
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**To join our movement or support our growth visit:**  
[www.youth4youth.org](http://www.youth4youth.org)

**20,000 SCHOOLS BY 2020**



*"Leadership that creates a safe and positive educational environment."*

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Teams of students planning how to make a difference in their school this year.

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