
b. Print your results and answer the two questions in c.

C. Read the difference between decision and choice. Which is usually harder for you? Why?

**Choice:** the right, power, or opportunity to choose. We have a perception of wrong or right choices. With choices, we face opportunities – large and small – to select or choose an option. Although we may put thought into the larger choices we make, the smaller ones may be more instinctively made. We make choices based on our values, beliefs, and perceptions of where a selected one may take us.

**Decision:** the act of or need for making up one’s mind. We develop steps to cut off options. We can easily setup processes to enable the best decisions possible. The decisions can range in scope from being low impact to high impact, and we can build in checks and balances along the way in reaching a decision. It can be a thoughtful, thorough approach.

Choices are more difficult. At times, we cannot collect all the data, analyze the options, and reach a sound conclusion. Time escapes us to “cut off” certain options because life choices fit a different model. **Choices involve our life more in which path we select and the direction – intended or unintended – it then takes us.** We may make many decisions during a day, week, or month, but how many important choices do we really make?

**What choices and decisions have you made about this course that you may need to reconsider?**

**Success** is staying on course to your greatest dreams, creating wisdom, happiness and unconditional self-worth along the way.

d. Work on Learning from Mistakes and The Choice Evaluation Process

Begin the Journal Entry #1.

**Journal writing:** The difference between a diary and a journal is that a diary is about what has happened to you and a journal is about ideas, plans and actions. The key is finding out and then putting it to work as purposeful action. The journal is a powerful instrument that will help you to be successful with any activity that you undertake. If you decide to understand yourself and your life better, the journal is waiting to listen and to be your companion in the search.

**Happiness** - The process of increasing the capacity of individuals or groups to make choices and to transform those choices into desired actions and outcomes.

**The mental process of judging the merits of multiple options and selecting one or more of them.**

The ability to discern or judge what is true, right, or lasting. The quality of having experience, knowledge, and good judgment; common sense.

Increasing the spiritual, political, social, educational, gender, or economic strength of individuals and communities
1. Write in your journal - Use complete sentences to answer all questions:
   a. Did the assessment give you a truthful impression of yourself? Yes or no and why?
   b. What do you think about the class today? Why?

What GOALS do you have for this class?

**Determine Your Goals:** To be effective, a goal needs 5 qualities. Use the DAPPS rule.

**D**ated: Effective goals have specific deadlines (short term – within few months; long term – a year or more)

**A**chievable: They are realistic yet optimistic. Listen to others, but know what you can achieve. Trust yourself.

**P**ersonal: Effective goals are your goals, not others. Do your current goals contribute to personal dreams?

**P**ositive: Focus your energy, thoughts and actions on what you want to DO, not don’t want; on results.

**S**pecific: State outcomes in specific, measurable terms. Have concrete evidence.

Then comes SMART


- **S**pecific
- **M**easurable
- **A**ttainable
- **R**ealistic
- **T**imely

**Specific:** A specific goal has a much greater chance of being accomplished than a general goal. To set a specific goal you must answer the six “W” questions:
*Who: Who is involved?*
*What: What do I want to accomplish?*
*Where: Identify a location.*
*When: Establish a time frame.*
*Which: Identify requirements and constraints.*
*Why: Specific reasons, purpose or benefits of accomplishing the goal.*

**EXAMPLE:** A general goal would be, “Get in shape.” But a specific goal would say, “Join a health club and workout 3 days a week.”

**Measurable** – Establish concrete criteria for measuring progress toward the attainment of each goal you set. When you measure your progress, you stay on track, reach your target dates, and experience the exhilaration of achievement that spurs you on to continued effort required to reach your goal. To determine if your goal is measurable, ask questions such as...
How much? How many? How will I know when it is accomplished?

**Attainable** – When you identify goals that are most important to you, you begin to figure out ways you can make them come true. You develop the attitudes, abilities, skills, and financial capacity to reach them. You begin seeing previously overlooked opportunities to bring yourself closer to the achievement of your goals. You can attain most any goal you set when you plan your steps wisely and establish a time frame that allows you to carry out those steps. Goals that may have seemed far away and out of reach eventually move closer and become attainable, not because your goals shrink, but because you grow and expand to match them. When you list your goals you build your self-image. You see yourself as worthy of these goals, and develop the traits and personality that allow you to possess them.

**Realistic** – To be realistic, a goal must represent an objective toward which you are both *willing* and *able* to work. A goal can be both high and realistic; you are the only one who can decide just how high your goal should be. But be sure that every goal represents substantial progress. A high goal is frequently easier to reach than a low one because a low goal exerts low motivational force. Some of the hardest jobs you ever accomplished actually seem easy simply because they were a labor of love.

**Timely** – A goal should be grounded within a time frame. With no time frame tied to it there’s no sense of urgency. If you want to lose 10 lbs, when do you want to lose it by? “Someday” won’t work. But if you anchor it within a timeframe, “by May 1st”, then you’ve set your unconscious mind into motion to begin working on the goal.

Your goal is probably realistic if you truly *believe* that it can be accomplished. Additional ways to know if your goal is realistic is to determine if you have accomplished anything similar in the past or ask yourself what conditions would have to exist to accomplish this goal.

T can also stand for Tangible – A goal is tangible when you can experience it with one of the senses, that is, taste, touch, smell, sight or hearing. When your goal is tangible you have a better chance of making it specific and measurable and thus attainable. DAPPS helps you to keep it real.
Everyone makes mistakes. We all know that. But what is a mistake?

We make hundreds of choices daily, maybe thousands. Each choice has one of three effects on our lives. Some choices move us toward our goals and dreams. Some choices leave us right where we are. And some choices move us away from our goals and dreams.

When Victims make a decision that moves them away from their destination, their Inner Critics point the finger of judgment inward, saying, It was my fault. I'm to blame. Then their Inner Defenders immediately point the finger outward, blaming others and excusing themselves. This inner chorus of blaming and defending distracts Victims from the reality that they did have other choices. They just didn't see them at that time.

A nonjudgmental way to think about a mistake: A mistake is a choice that gets us off course from our dreams when a choice existed that could have kept us on course to our dreams.

No blame. No excuses. Our choices either lead to desired results or they lead to undesired results. This is the way your Inner Guide sees it. Everyone makes mistakes, but Victims repeat theirs. Over and over. Worse, they often judge themselves for having made the mistake or they judge others for having caused them to make the mistake.

By contrast, Creators learn from their mistakes. As a result, they seldom repeat them. Also, they resist judging themselves or others for their mistakes.

Journal Entry #1: In this activity you will have an opportunity to learn from a past mistake by applying the choice evaluation process. People who profit from their mistakes can minimize their misery while achieving much more in their lives than they ever thought possible. Use the Choice Evaluation Process to examine a choice you made that got you off course. Write the five questions and your answers in your journal.
Think of a choice you made regarding your family, college, friends, job, a love relationship, or anywhere else in your life and how this choice got you off course. This choice might have been a broken commitment in this course or elsewhere in your life.

**Step 1:** What choice did I make that got me off course?

**Step 2:** What did I make more important than taking a step toward my goals and dreams? (What did I do instead?)

**Step 3:** What other choices could I have made? (Make a long list.)

**Step 4:** Is my original choice part of a pattern in my life? (Do I often think, act, feel, or believe as I did in this situation?)

**Step 5:** What did I learn?

2. **Write a paragraph (or more) exploring your thoughts and feelings about evaluating your choices and learning from your mistakes.**
   As before, you will probably benefit from first writing a list of Creator questions to answer. Everyone makes mistakes. What matters is what you do after you make a mistake. Victims listen to their Inner Critics and Inner Defenders; then they repeat the mistake over and over. Creators listen to their Inner Guides, find better options, and learn valuable lessons from every mistake.

   **Relax, think, write!**