

Graduate Worksheet

Here you are on the edge of the rest of your life...

Are you prepared for the trials, temptations, and troubles that you will encounter in the coming year? This is your SENIOR YEAR! This is your final opportunity to leave a lasting LEGACY for your fellow students and peers in our Student Ministry. You are now leading this generation. Are you prepared?

This worksheet will assist you in locating and defining some of your Areas of Service for the Lord, your Spiritual Gifts, Natural Abilities, and your Senior Goals. Please take the time to pray and reflect on each of these questions, and answer them on the separate sheet provided. By answering these questions, we will be able to partner together to maximize the awesome influence that the Lord has blessed you with during your Senior year. After you have finished this worksheet, contact the BBSM office to arrange for a short meeting to discuss your answers, and to begin preparing for the journey that will be your Senior Year.

WHAT LEGACY WILL YOU LEAVE???

“This is your life. Are you who you want to be?” –Switchfoot, 2004

Areas of Service

Find out what triggers you to dream, and to plan, and to take action.

- What keeps you awake at night (besides too much Dr. Pepper)?
- What do you find yourself pounding the table over (defending adamantly and unashamedly)?
- What would your friends say is a reoccurring theme in your conversations?
- What topics do you find yourself drawn to read and learn about?
- What Web (internet) trail do you find yourself following—music, movies, youth culture, counseling, etc?

Spiritual Gifts and Natural Abilities

- When you look back on your life, what activities brought you joy, energy, and/or success in early childhood? In grade school? Middle school? High school? College? As a young adult?
- What are the reoccurring themes of your memories in your past?
- What verbs do you find yourself using the most frequently? (such as: organizing, creating, discussing, building, performing, writing, etc.)
- What patterns do you see in the use of these words?
- What insight have you gained in any spiritual gifts workshops, or from sermons, or Christian teaching?
- From the following list, choose those spiritual gifts you feel that you already use on a frequent basis. (Some of these gifts are alluded to rather than named in the Bible.)

- | | |
|---|--------------------------------------|
| <input type="checkbox"/> Administration | <input type="checkbox"/> Hospitality |
| <input type="checkbox"/> Creative communication | <input type="checkbox"/> Leadership |
| <input type="checkbox"/> Counseling | <input type="checkbox"/> Listening |
| <input type="checkbox"/> Discernment | <input type="checkbox"/> Meditation |
| <input type="checkbox"/> Encouragement | <input type="checkbox"/> Mercy |
| <input type="checkbox"/> Evangelism | <input type="checkbox"/> Shepherding |
| <input type="checkbox"/> Helps | <input type="checkbox"/> Teaching |

- In what ways have those close to you (who are honest) affirmed those gifts that you use frequently?

***NOTE:** If you would like to have a fresh Spiritual Gifts Survey, BBSM can supply you with one.

Graduate Goals

By setting sharp, clearly defined goals, you can measure and take pride in the achievement of those goals. You can see forward progress in what might previously have seemed a long pointless grind. By setting goals, you will also raise your self-confidence, as you recognize your ability and competence in achieving the goals that you have set. Goals are set on a number of different levels, but we will focus upon three specific levels: **Immediate Goals, Intermediate Goals, and Long-term Goals.**

Graduate Worksheet

Senior Goals (continued)

Immediate Goals – Within 6 months from today.

Intermediate Goals – From 6 months to five years from today.

Long-term Goals – From five years and beyond.

The FIRST STEP in setting GRADUATE GOALS

The first step in setting your Graduate Goals is to consider what you want to achieve in your lifetime, as setting Long-term Goals gives you the overall perspective that shapes all other aspects of your decision making when it comes to Immediate Goals and Intermediate Goals. Take some time to pray over each area as you try to work through your goals. With God's blessing, you will be able to set some realistic goals that will greatly enhance your Senior Experience as a leader and as an adult.

To give a broad, balanced coverage of all important areas in your life, try to set goals in some or all of the following categories:

- **Artistic:**
Do you want to achieve any artistic goals? If so, what?
- **Attitude:**
Is any part of your mindset holding you back? Is there any part of the way that you behave that upsets you? If so, set a goal to improve your behavior or find a solution to the problem.
- **Career:**
What level do you want to reach in your career?
- **Education:**
Is there any knowledge you want to acquire in particular? What information and skills will you need to achieve other goals?
- **Family:**
Do you want to be a parent? If so, how are you going to be a good parent? How do you want to be seen by a partner or by members of your extended family?
- **Financial:**
How much do you want to earn by what stage?
- **Physical:**
Are there any athletic goals you want to achieve, or do you want good health deep into old age? What steps are you going to take to achieve this?
- **Pleasure:**
How do you want to enjoy yourself? - you should ensure that some of your life is for you!
- **Public Service:**
Do you want to make the world a better place by your existence? If so, how?

Graduate Worksheet

Setting GRADUATE GOALS Effectively

The following some broad guidelines will help you to set effective goals:

- **State each goal as a positive statement:** Express your goals positively ('Execute this technique well' is a much better goal than 'Don't make this stupid mistake')
- **Be precise:** Set a precise goal, putting in dates, times and amounts so that you can measure achievement. If you do this, you will know exactly when you have achieved the goal, and can take complete satisfaction from having achieved it.
- **Set priorities:** When you have several goals, give each a priority. This helps you to avoid feeling overwhelmed by too many goals, and helps to direct your attention to the most important ones.
- **Write goals down:** this crystallizes them and gives them more force.
- **Keep operational goals small:** Keep the low-level goals you are working towards small and achievable. If a goal is too large, then it can seem that you are not making progress towards it. Keeping goals small and incremental gives more opportunities for reward. Derive today's goals from larger ones.
- **Set performance goals, not outcome goals:** You should take care to set goals over which you have as much control as possible. There is nothing more dispiriting than failing to achieve a personal goal for reasons beyond your control. These could be bad business environments, poor judging, bad weather, injury, or just plain bad luck. If you base your goals on personal performance, then you can keep control over the achievement of your goals and draw satisfaction from them.
- **Set realistic goals:** It is important to set goals that you can achieve. All sorts of people (parents, media, society) can set unrealistic goals for you. They will often do this in ignorance of your own desires and ambitions. Alternatively you may be naïve in setting very high goals. You might not appreciate either the obstacles in the way, or understand quite how many skills you must master to achieve a particular level of performance.
- **Do not set goals too low:** Just as it is important not to set goals unrealistically high, do not set them too low. People tend to do this where they are afraid of failure or where they are lazy! You should set goals so that they are slightly out of your immediate grasp, but not so far that there is no hope of achieving them. No one will put serious effort into achieving a goal that they believe is unrealistic. However, remember that your belief that a goal is unrealistic may be incorrect. If this could be the case, you can to change this belief by using imagery effectively.

Setting GRADUATE GOALS Effectively

There is a very simple process in seven steps that you can go through to set any goal effectively. To be effective, the goal you choose must include all seven of the following steps:

- **Identify your goal by writing it down**
- **List the obstacles to overcome in accomplishing your goal.**
- **Identify the people and groups you need to work with to reach your goal.**
- **List the skills and knowledge required to reach your goal. What do you need to know?**
- **Develop a plan of action to reach your goal.**
- **Write down the benefits of achieving your goal. ("What is in it for me?")**

Graduate Worksheet

Area of service

Spiritual Gifts and Natural Abilities

Graduate Goals

My Immediate Goals:

- 1.
- 2.
- 3.

My Intermediate Goals:

- 1.
- 2.
- 3.

My Long-term Goals:

- 1.
- 2.
- 3.