

GO FLY A KITE



Dreams are thing

you want to

have happen

and

goals are dreams

that you

make happen.



PREVENTION DIMENSIONS

PD



What you do, where you go and what you become depend on your willingness to work towards a goal. You hold your destiny in your own hands.



You have to
have a dream
to make a
dream come
true.



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Benefits of Goals and Dreams

- ▶ Goals make life interesting, exciting, and challenging.
- ▶ Goals give meaning and purpose to life.
- ▶ They motivate us and keep us moving forward.
- ▶ Goals give us a sense of direction and help guide our decisions.
- ▶ They keep us from being detoured or distracted.
- ▶ Goals provide us a way to measure our progress.
- ▶ Setting and reaching goals give us a sense of satisfaction and help build confidence.
- ▶ Goals help us reach our potential.

