



## CAN YOU D.I.G. IT?

There's a power in words, and in putting ideas into writing. By writing down your dreams, interests, and goals, you're creating something tangible you can refer to later. The written words act as a reference point or touchstone.

### **D – DREAMS**

What are your dreams? "Someday..." "If I could do anything, I would..."

### **I – INTERESTS**

Write down your interests and skills. Having a brain freeze? Think about these questions:

- What topics or activities interest you?
- What absorbs your focus so completely that you lose track of time?

An interest might be an activity that you're really good at, but you don't have to be an expert at something to list it here. You can build your abilities and skills over time, and create experience/expertise.

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

## **G – GOALS**

Writing down your goals helps you to get clear about what you want to accomplish, and gives you a way to stay on track. Name five goals. Include an estimated time frame for each goal (one month, six months, one year, five years, etc.).

1.
2.
3.
4.
5.

## **THE DETAILS:**

Choose one of your goals, and list the steps you'll take to reach that goal. Ask a trusted adult if you get stuck mapping the steps for your goals.

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**Psst:** Review what you've written on a regular basis. Update the content as you continue to learn more about your dreams, interests and goals—which might change over time—and what you'll need to reach your star(s).

