

**EPISODE FIVE/SETTING
GOALS/ GROWTH MINDSET**

HOST - JASON TORRES

CO HOST - NIKLAS

GUEST - LIZ BLUME



NAME

CLASS

DATE

Niklas compares setting a goal to a ship and its anchor. Where the anchor is the beginning of the goal and the ship is the end result. While the chain attached to the anchor is your way up to the ship, but climbing the chain is not always easy. Like goals, you take a path to achieve your goal, but the path will not always be straightforward, but every step you take gets you closer to the end result. For example, to become a firefighter you have to go through rigorous training and practicing your skills to be a firefighter. It doesn't happen over night. It is a process!

Q

What is your current goal and what steps are you taking to achieve it?

A

Liz says she has lived on both sides of the fence since she lost her vision four years ago. For twenty-nine years of Liz's life, she identified as a person without a disability, so suddenly losing her vision made her reevaluate how she was going to achieve her goals. Liz did not stop her progress on her goals because of her disability, but she did have to make smaller goals to reach the bigger goals. Liz says it is important for people, with or without a disability, to set goals.

Q

Has there been something in your life the made you change you goals and how did you make that change?

A

Liz says goal setting is a way of making yourself better by always wanting to improve. Reflecting back to high-school Liz believes she should not have focused on only making a good grade on the final exams. Instead, she should have made smaller, weekly goals like making sure her homework was done correctly and turned in on time. Achieving these small goals would have helped Liz achieve her end goal of doing good on the final. It is good to always have a main goal ,like getting a job, and smaller goals, like filling out the application correctly, to help you achieve your end result.

Q

What is a main goal in your life and what are some smaller goals to achieve it?

A

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Liz says setting goals is about improving yourself and if you are comfortable you are not reaching your full potential. Striving to achieve yours goals will **make you uncomfortable sometimes**, but it will allow you to grow and learn new things. There may be times you doubt yourself and want to give up on your goal, but you need to push through if you want to grow and achieve your goal. This is part of having a **growth mindset**. Having a growth mindset will allow you to do things you thought were impossible.

Q Has a goal ever made you feel uncomfortable and why?

A

Liz talks about having a poor growth mindset at first when she was learning to cross the street using her cane. At first she was anxious and **feared that she would not be able to make it all the way across the street**. She woke up one day and realized that this fear was holding her back from achieving other goals she wanted to achieve. Realizing this made her determined to cross the street using her cane. By accomplishing this goal she felt proud and relieved. Niklas talks about sometimes he messes up in wrestling but he learns from it and **keeps going**. Having a growth mindset is all about how you think.

Q What did you learn from Liz's or Niklas's story about growth minset?

A

JASON'S PODCAST CHALLENGE

Setting a goal is like having a target. So Jason wants you to set a goal.

- 1) White down your goal or target
- 2)Write down the first step to achieving the goal

"Being a great leader is being able to setting goals and having a growth mindset affectively. Share with us how you are making affect decisions by emailing

ILAPodcast@abillitlysc.org
Thank you for listening!