

10 Reasons Why Goals Are Worth Having

1. **Goals help you be who you want to be.** You can have all the dreams in the world, but if you don't act on them, how will you get where you want to go?
2. **Goals stretch your comfort zone.** Goals involve risks. Pushing yourself past your normal comfort zone is a great way to grow.
3. **Goals boost your confidence.** When you set a goal and reach it, you prove to yourself and others that you've got what it takes to get things done.
4. **Goals give your life purpose.** Goals show you—and the world—what you value. They also give you a sense of direction.
5. **Goals make you more self-reliant.** You don't have to let other people decide your life for you. You can take charge of your life by setting goals and making a plan to reach them.
6. **Goals encourage you to trust your decisions.** Sometimes, it's easy to go along with the crowd or be swayed by what other people want you to do. But when you keep your goals in mind, your choices will become clearer. You'll learn to trust your decisions because they're right for you.
7. **Goals help you turn the impossible into the possible.** Goal setting breaks down seemingly out-of-reach dreams into small, manageable, and practical steps. You can turn your "someday" dreams into real-life accomplishments.
8. **Goals prove that you can make a difference.** Are your goals about changing your own life? Are they about changing the lives of others and improving the world? Whether you want to make a difference in your own life or someone else's, goal setting helps you achieve what you set out to do—one step at a time.
9. **Goals improve your outlook on life.** They help you move forward—a positive direction to go. This momentum is a real energizer. You'll feel more positive, guaranteed.
10. **Goals lead to feelings of satisfaction.** Studies have shown that people who set and reach goals perform at higher levels, are more satisfied with themselves, and achieve more. If you look at the goal setters you know and admire (friends, family members, teachers, business owners, community leaders, athletes, celebrities), you'll probably see people who are proud of their success and eager to keep aiming for more in life.