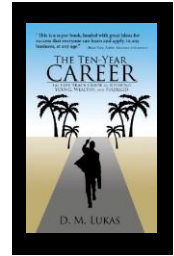


## The Ten Year Career Resources Chapter Three: Goals, The Key to Your Map



### Important Takeaways from Chapter Three:

You can learn to do anything!

Setting goals is a process.

When your subconscious mind must choose between emotional decisions and logical decisions, most of the time emotional decisions win. (And if you do not learn to control your subconscious in this area, those emotional decisions can keep you from reaching your goals)

There are three main areas in which you set goals:

- **Personal:** Personal goals are very important because they are focused on such things as our family, friends, relationships, and so on.
- **Professional:** The goals in this area are very important because they are focused on your career and work life.
- **Discretionary:** This area is important because it is focused on all of the other pursuits that you have outside of your personal and professional goals