

Thirteen Goals to Grow With

Goals are ideals. They are destination points in our lives that help us to stretch our limits and grow to new definitions of ourselves.

1. I have a realistic view of my child's abilities and limitations and clearly value my child as a total person.
2. I do not allow myself to live with unrealistic expectations—and therefore repeated disappointments—about what my child cannot do or may never do.
3. I plan what I can for the future but live a day at a time with a sense of trust that I will handle what happens tomorrow, next year, or in ten years.
4. I have knowledge and skills to seek out information and resources in assertive, creative ways.
5. I have hope without expecting miracles.
6. My self-esteem is intact. I do not measure my worth by my child's abilities or limitations.
7. I try to see the world from my child's point of view.
8. I am able to empathize with others, to be sensitive to other viewpoints, while maintaining my own sense of priorities.
9. I have freed myself from unproductive feelings of guilt, anger, shame, blame and self-criticism.
10. I generally see the glass as half full instead of half empty and am able to live each moment to the fullest.
11. I have a sense of perspective about my life, my problems, and my daily hassles.
12. I have a sense of humor and can laugh at myself.
13. I have an understanding of and an appreciation of individual differences.