

# **“THINK YOU CAN, THINK YOU CAN’T... YOU’RE RIGHT!”**

## **The importance of setting goals and making positive life choices**

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### **INTRODUCTION**

- **Topic: setting goals and making positive life choices**
- Who I am (background) / inline speed skating (What? How fast?)
- We are all capable of achieving our dreams
  - o **What it takes is having confidence in ourselves enough to believe our dreams can come true, and then using goals to figure out the path we need to take**

### **GOALS**

- **We all start with the same thing**
  - o There are 24h / 7d
  - o There are 7d / 1week
  - o What you choose to do with that time is totally up to you!
- Achieving our dreams requires a **vision**
  - o Pick things we want to improve upon, things we want to strive towards, things we want to be
    - Examples: National Team athlete, doctor, really good friend / listener
- Achieving our dreams requires **courage**
  - o There is going to be ups and downs, challenges along the way
- Achieving our dreams requires a **path**
  - o Goals → path
  - o Example: Driving up to Duck Lake from Saskatoon
    - This time I didn’t, but maybe I could have gotten lost, made a wrong turn, taken a detour, etc...
    - Ultimately though, I would have ended up at my final destination; my ultimate goal for that journey
- **Inline Speed Skating**
  - o Knew I wanted to be a National Team athlete
    - Years of just playing sports
    - Started inline speed skating
      - Horrible for the first two years! (Nickname = “Crash”!)
      - Kept working at it, loved it so much, motivated by people telling me to quit!
  - o Gained strength from the ups and downs

- Last in Manitoba... went to Nationals... last at Nationals... 5<sup>th</sup> on the track... 1<sup>st</sup> in the marathon... National Team... 1<sup>st</sup> at Nationals... last at Worlds... 23<sup>rd</sup> at Worlds...
  - Set goals: National Team, then win Nationals, then go to Worlds, then World Champion
    - I'm "here"... will be "here"
      - Six year plan, revisit it frequently
- **Something only becomes impossible when you start believing people who tell you it can't come true**
- When you think about your long term dreams: What would you LOVE to do? What hurdles do you have and what goals can you use along the way to get there?
  - Work towards it a little at a time
    - Going to be hard
    - Lots of ups and downs
      - Athletic: get cut from teams, injury, life changes, etc
    - Set small, realistic goals
      - What are you doing this day, this week, this month, this year to achieve your goals?
- Use goals in every day life – what do you want to work on, improve, where do you want your life to go?
  - Set realistic goals, personal challenges
    - Something you want, and outcome you can influence / control
      - Example: Volleyball – upcoming tournament
        - “We’re going to win” versus “We’re going to going out there and play the best we can – having fun, staying positive, cheering each other on
        - May end up at the same result but more fun, building, and concrete things you can do in the latter (versus just relying on someone else’s outcome for you)
      - Example 2: School – everyday issues
        - Want to improve in a class
          - What can you do? How can you make this happen?
- Give it a try – whether in sport, or school, or in your everyday life
  - **Nothing to lose, and lots to gain:** You’ve all got your dreams – goals are a means to achieving whatever you want to do with your life

## LOVING YOURSELF

- **Most important person to love, to respect, and to be friends with – is you!**
- We are all different: That’s what makes us special, that’s what makes us unique
  - Why do you like your best friend? Why does she liKe you? What is it about your boyfriend that makes you smile? Why does your grandmother love seeing you?
    - These are the special traits and characteristics in people that make them who they are
  - World would be a very boring place if we were all the same!

- **Single most important thing is to accept and love yourself for who you are**
  - o Especially in our society, this can be really hard to do!
  - o **Society pressures people to be who they're not**
    - Magazines – Cosmo, YM, Seventeen
      - For every photograph used, 2000 – 3000 are rejected
      - That chosen photo – put onto a computer and changed
- **Personal example**
  - o Muscular legs
    - Finding pants that fit can be frustrating!
    - But they're strong, healthy, fit and a crucial part of my skating!
  - o For years, I tried to change how I looked, didn't like my body shape / size
  - o Best season of competition
    - Didn't diet, ate a varied diet, got enough food
    - Worked on relaxation
    - **Accepted I wasn't perfect and that there would be days when doing my best simply meant making it a goal to get out of bed**
      - That was okay – doesn't make me a horrible person, doesn't mean I'm a failure... It just means I'm human, and thus, not perfect
- We all bring something special to this world
  - o **Be proud of who you are**
    - Things you do well
      - Example: Volleyball team - great service, always positive, team cheerleader, hard worker
    - Celebrate personal victories
    - Challenges and obstacles
    - Set goals throughout life
      - Small steps towards your goals
      - Acknowledge the ups and downs as part of the journey
      - Know that you have the strength – those wonderful inherent characteristics that make you special, who you are – to get through whatever life throws at you!

## **MAKING POSITIVE LIFE CHOICES**

- **When you respect yourself, accept yourself, love yourself: that's when you start making positive life choices**
  - o Each and every one of you is already doing this, probably better than you realize
    - Education
    - Physical activity
    - Role models
- **Positive choice: Education**
  - o Incredibly important and wonderful positive life choice
  - o Regardless of what you want to be: School gives you the base upon which to stand in order to achieve your goals

- Classes you like
  - Learn more! Internet, read, explore
- Classes you don't like / struggle with
  - Set goals – what small steps can you take to improve?
    - Example: Getting mad at a teacher / classmate
      - If they make me angry, they win... and I hate losing!
- **Positive choice: Exercise**
  - One of the best positive life choices you can make because:
    - Make friends while having fun
    - Feel good about yourself
    - Personal challenges
    - Great memories
  - Make it a part of your day
    - Doesn't have to be expensive, or organized
    - As simple as hiking, skiing, playing tag, going for a walk outside
      - Take a friend or family member!
- **Positive choice: Pick a role model**
  - Who in your life do you know who's making positive life choices?
    - Coach
    - Someone within your community
    - Family member
  - One of my role models: Mémère
    - Incredibly vibrant, warm, loving woman
    - 88 years old, still walking every day
    - Incredibly active
    - Every day – she makes a conscious decision to accept herself, love and respect herself, and simply live and enjoy life

## CONCLUSION

- **We are all capable of achieving our dreams**
  - What it takes is having confidence in ourselves enough to believe our dreams can come true, and then using goals to figure out the path we need to take
- **Things only become impossible when you start believing that they can't come true**
- **Achieving your dreams takes VISION, COURAGE, and a PATH**
- Set goals as the reference points along the way
  - Guidance in your life – daily and long term
  - They'll mark the path to whatever you set your heart to do
- **Respect yourself, accept yourself, love who you are**
  - Our differences make us unique
  - We all bring something special to this world
  - Accept and love yourself – and be proud of who you are
  - Make positive life choices → you can always start this NOW
- **Whether you think you can, or you think you can't, you're right**