

GLOSSARY

MODULE THREE: SETTING AND ACHIEVING GOALS

affirmation: A positive statement repeated daily to encourage and strengthen one's efforts to achieve a goal.

aggressive: Behaving in a hostile manner; likely to attack or start a fight.

alternative: The choice between two similar things; another possibility.

assertive: Behaving or communicating in a clear and positive manner; confident.

attitude: An opinion or a way of thinking.

characteristic: A feature that helps to distinguish a person or thing.

goal: The purpose toward which an endeavor or effort is directed.

mission statement: A statement that defines a principle, belief, or purpose.

objective: Something worked toward or aimed for; a goal or purpose.

persevere: To persist in any purpose or enterprise; to continue striving despite difficulties.

prioritize: To deal with in order of importance.

realistic: Based on things as they really are.

visualization: 1. To form a mental image of. 2. To conceive an image or a picture of, especially as a future possibility.