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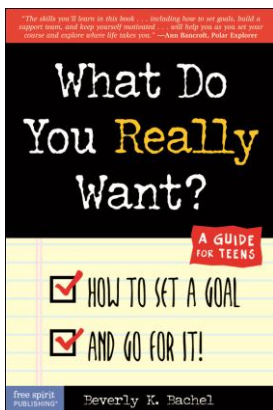
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WHAT DO YOU REALLY WANT? HOW TO SET A GOAL AND GO FOR IT! (A GUIDE FOR TEENS)

by Beverly K. Bachel

“An excellent book for any
teen.”—*Youthworker*

“Helpful advice [with] clear,
often heartfelt
suggestions.”—*Booklist*

For
Immediate
Release!

Spin dreams into goals

Minneapolis, Minnesota—Go-getter teens seem to accomplish so much more than others, juggling writing for the school newspaper, volunteer work, sports, and after-school jobs, all while maintaining good grades. Are these teens smarter or more talented than the rest of us? Probably not. Do they have a head start when it comes to college acceptance or better jobs and opportunities? You bet! According to research teens who acquire the goal-setting habit improve their school performance, motivation, self-confidence, and self-esteem. They have less stress and anxiety, concentrate better, and are more satisfied with their lives. Why? Because they're in charge. They've learned how to set and reach the goals required to make what they want happen. **What Do You Really Want?** (Free Spirit Publishing, \$12.95) shows any get-to-it-later teen how to become a goal-setter—and a real goal-getter! The book includes an inspiring “just do it” note from Arctic explorer and ultimate goal-getter Ann Bancroft.

Author Bev Bachel reveals the Two Major Goal Myths (and advises teens: “Don't Believe Them for a Second”):

Myth #1 “Who needs goals? I'll be fine without them.” Wrong! Success doesn't just happen by accident or sheer luck. Striving to meet a goal can be a very satisfying process. You might even find that having a goal gives you extra energy to put forth your best effort.

Myth #2 “I have to do it all by myself.” It's true that reaching a goal is a personal process. But this doesn't mean you can't ask for help when you need it. Believe it or not, people in your life (family, friends, teachers, coaches) will most likely want to help in any way they can. Knowing you've got support can make the pursuit of a goal even more exciting.

What Do You Really Want? provides teens with practical, step-by-step instructions about how to determine what their goals are—and how to realize them. Each chapter includes creative exercises, practical tips, words of wisdom from famous “goal-getters,” and real-life success stories from teens across the country. Teens will learn to:

- Identify and articulate goals
- Set realistic priorities and deadlines
- Overcome obstacles and roadblocks
- Build a support system of helpful peers and adults
- Think positively by celebrating success and learning from every effort

What Do You Really Want? introduces teens to a simple but very effective power tool: their own “Goal Tracker,” a journal that contains everything they need to explore and fulfill their goals. Also included is a helpful section of resources that teens can use on their goal-setting path, including books about successful goal-getters, mentoring organizations, and helpful websites.

**What Do You Really Want?
How to Set a Goal and Go for It!
(A Guide for Teens)**

by Beverly K. Bachel

ISBN 1-57542-085-6 • \$12.95 • Softcover • 144 pp. • 6" x 9"



About the Author

Beverly K. Bachel is a goal-getter who wishes she had learned the benefits of goal-setting when she was a teenager. The founder of a marketing and employee communications firm, Bev is now a consultant who helps Fortune 500 companies develop communications materials and improve the quality of their products and services. She is the founding member of Idea Girls, a group of entrepreneurs dedicated to developing products that inspire others to pursue their dreams. She lives in Minnesota.



**About Free Spirit Publishing (www.freespirit.com)
Meeting kids' social & emotional needs since 1983**

Headquartered in Minneapolis, Minnesota, Free Spirit is the leading publisher of learning tools that support young people's social and emotional health. Free Spirit's mission is to help children and teens think for themselves, succeed in life, and make a difference in the world.