



**GOAL  
ACHIEVEMENT  
PLAN**



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# INTRODUCTION

Welcome to TYRO!

Over the next several weeks, you will learn what it means to be a TYRO – a novice, apprentice, someone learning something new and ultimately a person worth following.

This TYRO Goal Achievement Plan (TYRO G.A.P.) Journal is your own personal tool to use in between TYRO class sessions or as a stand-alone resource to help you develop a personalized plan to your success.

This TYRO G.A.P. journal has 2 purposes: (1) to identify your goals and a plan for achieving them; and (2) to journal your thoughts from the TYRO class.

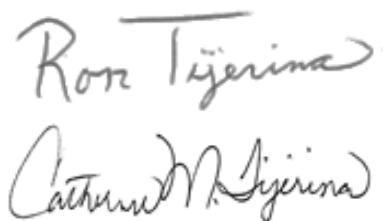
The first section of this journal is designed to help you create a plan for achieving your goals. It will help you clarify your thoughts in order to set realistic goals and identify any issues that will present barriers or challenges to your success. Identifying these issues is the first step to developing a plan for how to overcome them, so that you can be successful. This journal will also help you identify your assets and strengths that will help you overcome obstacles.

It is important that you are completely honest in answering the questions on pages 5-9, so that you can identify the steps needed to achieve your goals and pursue your dreams. Part of being a TYRO is to be honest with yourself about your past, so that you can overcome your FEAR: Face Everything And Recover!

The second section of this booklet includes several pages to help you journal your thoughts from the TYRO class. We encourage you to write down what you are thinking after, or even during, each class session. We are confident that this TYRO G.A.P. Journal will provide a path for your future success as an employee, father, mother, husband/partner, wife/partner and community member and that TYRO will help you become a warrior for your family.

We are rooting for you and are privileged to help you on your journey to success!

Ron and Catherine Tijerina



Ron Tijerina  
Catherine M. Tijerina

# — TYRO DECLARATION —

I (state name) am a TYRO. **I AM** a person of honor. **I AM** a person of good character. I do not embarrass my family, nor do I cause them pain and suffering. I live my life upright and full of virtue. **I AM** a person of integrity. I do not lie, cheat, or steal. I do not live my life justifying my mistakes and shortcomings. **I AM** trustworthy. I openly admit my faults and seek to become stronger each day. **I AM** loyal. I protect those that I love and defend those who are weaker than me. **I AM** grateful. I strive to achieve my highest potential. I know what I believe. **I AM** a person of faith. My self-esteem does not come from others, but from doing what is right and just in all things. **I AM** confident. I am neither arrogant nor boastful. My confidence comes from knowing myself and my character. **I AM** a friend. I do not use or manipulate people for my own personal gain. I live my life in moderation. I do not need material things to make me feel important or valuable. I know the difference between what I want and what I need. Others needs are important to me. **I AM** strong. I do not succumb to temptations like drugs, alcohol, or lust that will keep me from fulfilling my destiny. **I AM A TYRO.** I love learning and strive to increase my knowledge that I may live up to my highest potential. **I AM** good. I understand pain and suffering. Pain and suffering have been my greatest teachers. I will not use them as an excuse to fail. **I AM** free. I am free to dream and to create a better world for myself and all those around me. I do not use my freedom to imprison others mentally or physically. **I AM** patient. I do not lose my temper when I do not get my way or give up when I encounter resistance. I understand that those things worth having are worth waiting for. **I AM** an ambassador of hope for the hopeless. **I AM** beautiful. My actions and words reflect beauty and life. I do not spread poison with my life. **I AM** the antidote. **I AM** proud of who I am and what I represent and what I have overcome. I love myself. In loving myself, I am able to love others. I love my family. **I AM** a person of discipline. The discipline I embrace guards me against envy, greed, hate, and violence. **I AM** responsible. I can be depended upon to do what I say I will do. **I AM** a leader. **I AM** a Person Worth Following.

**I AM A TYRO!**

# — TYRO PLEDGE —

I am a TYRO.

I am a person of Honor,  
Integrity, and Promise.

I pursue all Righteousness.

I love my family.

I will not put my  
family in harm's way.

There is nothing that will keep  
me from doing the right thing.

I am an Ambassador of Hope  
and a person of Discipline.

**I am a Person Worth Following.**

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**I AM A TYRO.**

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The background is a vintage topographic map with various geographical features and labels such as 'South Fork', 'Red River', 'High Fork', 'Gladie Branch', 'Witts', 'Branch', 'Blacking Hollow', and 'Sinking'. A semi-transparent brown rectangle is centered over the map, containing the text 'LESSON I', a large 'I.', and 'POSITIVE VISION'. The text is white and serif. A white crosshair is overlaid on the brown rectangle, with the vertical line extending to the edges of the map and the horizontal line extending to the edges of the brown rectangle.

LESSON I

I.

POSITIVE  
VISION

“ Life is one big road with lots of signs. So when you riding through the ruts, don't complicate your mind. Flee from hate, mischief and jealousy. Don't bury your thoughts, put your vision to reality. Wake Up and Live!

- Bob Marley

”

## LESSON I

MY HIGH:

MY LOW:

# TYRO G.A.P.!

Over the next ten sections, you are going to create a plan to achieve your goals. There will be a focus on your career, family, and your community. TYRO's don't quit when they are tired - TYRO's finish when the job is done.

## INSTRUCTIONS

Part of being a TYRO is having a positive vision for yourself, your family, and your involvement in your community.

Having a vision helps you set goals that you want to achieve in each of these areas. In the sections below, please write your goals for your career, your family and your community.

These goals may be something you want to achieve in the next 6 months, year, or five years. Use this document as your map to achieve your highest potential.

“A TYRO doesn't seek accomplishments; he accomplishes what he seeks. - TYRO from Ohio”



# [ TYRO G.A.P. ]

Are you limiting  
your potential?





# S.M.A.R.T.

To help you write your goals, do your best to develop goals that are S.M.A.R.T.

- *Specific.*  
Describe your goal as specifically as possible so you know when you have achieved it. This should answer the questions: What needs to be accomplished? What steps are need to be taken to achieve it. For example, “I want to have a career in the transportation industry, starting with a CDL truck driving job” is more specific than “I want to get a job.”
- *Measurable.*  
Adding some type of measurement to your goal will help make your goal more specific. For example, you may want to say, “I want to have a career in the transportation industry, starting with a CDL truck driving job earning at least \$55,000 a year.”
- *Achievable.*  
Be sure that the goals you set are achievable, so that you are setting yourself up to succeed and stay motivated!
- *Realistic.*  
This is similar to making sure your goals are achievable. If your goals are not realistic, you may be setting yourself up for frustration and disappointment.
- *Time-frame.*  
It also helps to identify a time-frame for when you will accomplish your goals, to help you keep making progress and not get side-tracked. For example, you may want to say, “I want to have a career in the transportation industry, starting a CDL truck driving job within 3 months after my release, earning at least \$35,000 a year within the first year.”

“Our prime purpose in this life is to help others. And if you can’t help them, at least don’t hurt them.”

- Dalai Lama



# LESSON 2

# III.

# CAREER GOAL

“

Your success in your career will be in direct proportion to what you do after you've done what you are expected to do.

- Brian Tracy

”

## LESSON II

MY HIGH:

MY LOW:

### > MY CAREER GOAL

Having a job is different from having a career. A job is something you do to in the short term to earn cash. It's filling a work role within a business exchange for money. A career, though, is a long-term pursuit of a lifelong ambition. Part of that ambition, as a TYRO, is to be a strong financial provider for your family.

What is your long-term career goal?

For example: In 5 years I want to have a degree, have a new house, have a new car, go on a vacation trip to Cancun.

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What are some short-term goals you will need to achieve to reach your long-term goal?

For example: Determine Financial aid support, talk with a bank about best practices in buying a house in my area, talk with a travel agent about vacation costs.

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**“Signs and symbols  
are for the  
conscious.”**

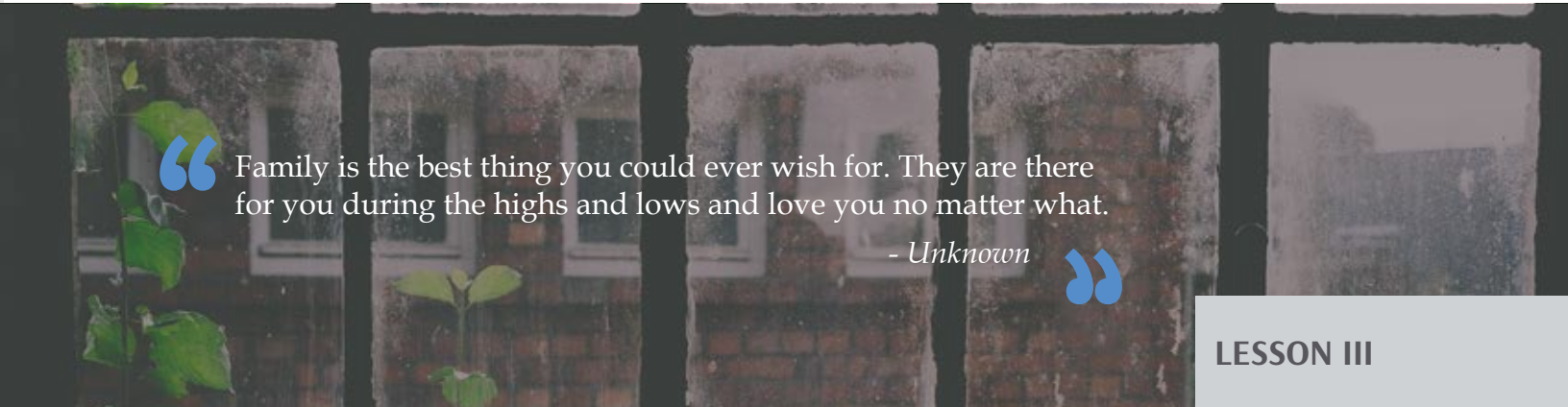
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**LESSON 3**

**III.**

**FAMILY  
GOAL**



“ Family is the best thing you could ever wish for. They are there for you during the highs and lows and love you no matter what.

- Unknown



### LESSON III

MY HIGH:

MY LOW:

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## MY FAMILY GOALS.

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What do you want your family relationships to look like in the future?  
What kind of better future do you envision for your children?  
What goals do you have for your relationship with your spouse or partner?

Goals for my relationships with my children

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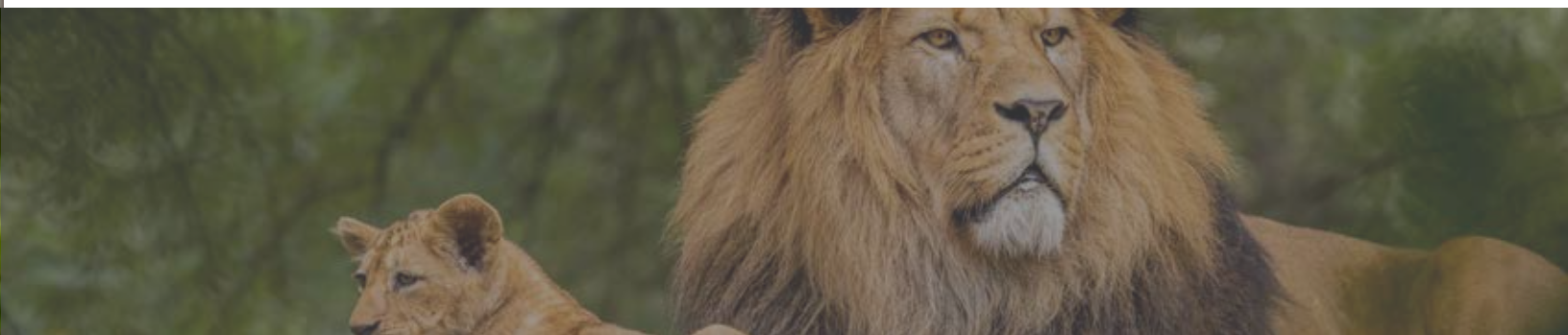
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Goals I have for my children's future

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# [FAMILY]

Are you letting fear  
stop you from fully  
loving others?



Goals for my relationship with my spouse/partner. Research has shown over and over again that children are better off with a married mom and dad. If you are not married, we encourage you to seriously think about committing to a marriage relationship with your partner. If you are married, we encourage you to stay strong in your commitment to staying married for a lifetime!

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Goals for my relationship with my children's mother(s) who I am not in a relationship with. Did you know that the better your relationship is with your children's mother(s) – even the one(s) you don't live with -- the better off your child will be?

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“Home is where we are loved the most and act the worst.”

- Unknown



“Your family does the B.I.T. (Basic Individual Training) with you.”

- Ron Tijerina

What  
dreams  
are  
you  
pursuing?



**LESSON 4**

**IV.**

**COMMUNITY  
GOAL**





“ In an age where community involvement and partnerships with civil society are increasingly being recognized as indispensable, there is clearly a growing potential for cooperative development and renewal worldwide.

- Kofi Annan



## LESSON IV

MY HIGH:

MY LOW:

## > COMMUNITY INVOLVEMENT

### MY GOALS FOR COMMUNITY INVOLVEMENT.

Getting involved in your community is a great way to give back to others, and to build relationships that will help you stay on the road to success. What organizations in your community will give you these opportunities? What role do you see yourself playing? For example, you might want to volunteer for a specific type of service.

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Other Goals You may have other goals that don't fit neatly into the above categories. Please list any additional goals you have that are not listed above.

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**Never  
Stop  
Improving**



**LESSON 5**

**V.**

**STEPS  
FORWARD**



“ Some people want it to happen, some wish it would happen, OTHERS MAKE IT HAPPEN.

- Michael Jordan “

## LESSON V

MY HIGH:

MY LOW:

### STEPS TOWARD ACHIEVEMENT

#### ACTION PLAN:

Steps I will take toward my family goals:

What I will do:	By when:
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____

#### ACTION PLAN:

Steps I will take toward my career goals:

What I will do:	By when:
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____

## STEPS TOWARD ACHIEVEMENT

“If you’re not moving forward, you’re falling back.”

- Sam Waterson

### ACTION PLAN:

Steps I will take toward my community goals:

What I will do:

By when:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### ACTION PLAN:

Things I will need help with my family:

Action list:

Who will help:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Push  
past  
any  
self  
doubt  
!



## STEPS TOWARD ACHIEVEMENT

### ACTION PLAN:

Things I will need help with my career:

Action list:	Who will help:
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____

### ACTION PLAN:

Things I will need help with my community:

Action list:	Who will help:
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____

“You can’t start the next chapter of life if you keep re-reading the last one.”

- *Unknown*

“

“Don’t dwell on what went wrong. Instead, focus on what to do next. Spend your energies on moving forward toward finding the answer.”

- *Denis Waitley*









J169 ST RT 65  
McClure, OH 43534  
419-278-0097

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