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DIGITAL FILES

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TOPIC: GOAL SETTING



GOAL OF THE WEEK: SET GOALS

MONDAY: Our Goal of the Week is SET GOALS. A goal is something you want to do or be or want for your life. Many goals start out as wishes and dreams. Those wishes and dreams become goals when you begin to PLAN for how to make them happen. Knowing how to SET and ACHIEVE your goals is the KEY to making your dreams come true!

TUESDAY: Our Goal of the Week is SET GOALS. Your values play an important role in the goals that you set for yourself. Our Goal of the Week discussions today will focus on identifying your values in order to help you SET GOALS that match up with the kind of person you want to be.

WEDNESDAY: Our Goal of the Week is SET GOALS. LONG TERM goals are BIG GOALS that we have for ourselves. Our LONG TERM GOALS will usually take months or even years to accomplish. But remember - those wishes and dreams don't just happen! When you SET GOALS for yourself, you are on your way to making those wishes and dreams come true!

THURSDAY: Our Goal of the Week is SET GOALS. SHORT TERM goals are the little goals that we strive for, one at a time - that will lead us down the path to achieve our LONG TERM GOALS. SHORT TERM GOALS are the things we will strive to do TODAY and THIS WEEK. SET GOALS for yourself so that you can stay focused on creating the life that you want for yourself!

FRIDAY: Our Goal of the Week is SET GOALS. When you set GOALS for yourself, you are following a road map to achieve your wishes and dreams. Write down your goals, share them with your family and friends, and more importantly - work hard each day to achieve the GOALS you SET for yourself.

TOPIC: GOAL SETTING
**GOAL OF THE WEEK:
SET GOALS**

MONDAY: A goal is something you want to do or be or want for your life. When we are little, goals might start out as wishes or dreams. Maybe we dream about someday becoming a professional athlete, a movie star, or a millionaire. Wishes and dreams can be big or small - and can be about anything! Some of us will hold onto the same dreams all of our lives! Others might find that over time, as interests change, the dreams they have for their lives also change.

Question of the day: What sorts of things did you dream for your life when you were younger?
(Allow students to respond.)

A wish or a dream becomes a GOAL when you make a PLAN to make it happen. A GOAL is like a road map that guides you through the steps towards making your dream come true. It's like a dream with a deadline. You start by setting a small goal and working hard to achieve it. Then you set another goal and work to achieve that one. Each small goal you work to achieve brings you closer to your END GOAL! Goals give our lives purpose. They give us a reason to get up in the morning and be excited each day. People who have goals lead others and get things done. What's a goal you have for your life? (Allow students to respond.)

Goal: Identify a (current) goal you have for your life.

TUESDAY: Our Goal of the Week is SET GOALS. In order to set goals that will be helpful to you, it's important that you identify the things that matter most to you. Your values are the things that you believe in. When your values guide the choices you make, it is likely that you will feel satisfied and content with your life. When you set a GOAL that is in line with what's most important to you, it will help to steer you away from the things that can get in the way of accomplishing that goal. Over time - it can also have a significant impact on whether your life turns out the way you want - or not.

Question(s) of the day: Some questions that might help you identify your values are:

- What words describe the kind of person I want to be?
- What things matter most to me?
- What makes me the happiest?
- Who is someone I look up to (and/or wish to be like) - and why?
- What do I want people to think/say about me at the end of my life?
- What things am I willing to work hardest for?

(Teachers may want to consider an activity that will allow students to explore and identify their values.)

Goal: When you know your values, you can use them to guide your GOAL SETTING. So, how do you identify what your values are? There are countless numbers of resources available online! Try searching for "values worksheet for teens" or "values questionnaire for students" and read through some of the different resources available.

WEDNESDAY: Our Goal of the Week is SET GOALS. A short-term goal is a goal that is intended to be completed in a short period of time: a few days, a few weeks, or possibly even a few months. Long-term goals span longer periods of time and might take six months or longer to complete. The first step to **GOAL SETTING** is to think about something you would like to work towards. Would having an AMAZING school year be a goal that we all could agree would be beneficial?

(Allow students to respond.) If today was the LAST day of school – and YOU said, “WOW! That was an AMAZING school year!” What is something that (would have) happened to make you feel that way? (Allow students to respond.) What would your grades be like? What would your friendships be like? Would you be involved in any clubs or sports? What would your relationships with your teachers be like? How much trouble would you be in? Would you be grounded all year? Would you be able to spend time with friends outside of school?

Question of the day: Thinking about the list we just created, would having good grades increase the likelihood of accomplishing those things? (If you have good grades, would it help you to form friendships? Would it promote your ability to be involved in clubs or sports? Would it promote a positive relationship with your teachers? Might it help you stay out of trouble at home and at school? Could it prevent you from being grounded?)

Goal: Since having an amazing school year is a step in the right direction for almost any long-term goal we make for this year, we will use that as our example. *The next step is to write down your goal.* Please take out a sheet of paper and write at the top of your paper, “**Long-Term Goal: Have an Amazing School Year.**” Underneath your heading, make a bulleted list of the different things that need to happen in order for you to have an amazing year. Some of the things on YOUR list might be similar – or very different from the things that others put on their lists. (That’s because we all have our own thoughts on what would make it AMAZING.)

(Teachers – have students put their names on their papers and collect, or instruct them to tuck them in a safe place so that we can continue to work on them tomorrow.)

A goal without a plan is called a wish!

THURSDAY: Our Goal of the Week is SET GOALS.

Yesterday we were talking about making a LONG-TERM GOAL of having an AMAZING school year, and each of you made a list of the things that would have to happen in order for you to consider the year AMAZING. (Have students take out the GOAL sheets we were working on yesterday.) Look over the list that you created yesterday – and add any additional ideas that should be on that list. Now, underneath THAT bulleted list, we are going to write down some of the things that you can do TODAY (short-term goals) that will support your LONG-TERM GOAL. (Because having an AMAZING DAY today is the first step in having an AMAZING YEAR.)

Question of the day: Now that we have identified a LONG-TERM GOAL, and we have listed SHORT-TERM GOALS that support our long-term goal, we are ready for the next step. Does anybody want to guess what the next step is? (Allow students to respond.) It’s ACTION.

Goal: For today, you have to focus all of your energies on DOING/BEING as many of the things on your list as possible. Don’t worry about yesterday or tomorrow. FOCUS on making TODAY, one class at a time, AMAZING. Do you suppose you are going to be perfect at it? NO WAY! Some days will be easier than others – and mistakes are expected! (If you forget what you are working on, refer back to your written list as a reminder.) The most important thing is that you keep focused on your goal and you continue to work the PLAN you created – one day at a time. If the plan isn’t working, change the plan – not the goal!

FRIDAY: Our Goal of the Week this week is SET GOALS

Question of the day: We’ve been talking all week about GOAL SETTING. Can someone share something that you’ve learned? (Allow students to respond.)

Goal: Remember, this Goal of the Week program has a long term goal of **skill building for safety and success** not only in school, but also in your relationship with yourself and others, and your future. Our weekly goals will be broken down into daily mini-lessons – things for us to talk about, think about and practice. When we work together to have an AMAZING SCHOOL YEAR, we will be on our way to having an AMAZING LIFE.