

April: WEEK THREE



SETTING GOALS

THE AGENDA:

Discussion: What is a goal and why do people set them? What are some of your goals? What are different types of goals (personal, career, social, etc.)? How can we successfully achieve the goals we set? How can you achieve your goals?

- ◇ 'Setting Goals' Worksheet
- ◇ Write your future self a letter. Seal it and write on the envelope a "Do Not Open Before" Date.

- ◇ Write a letter to a celebrity. Find their address online if you actually want to mail it.
- ◇ Tell a story one sentence at a time, alternating between the two of you.
- ◇ Make thumbprint artwork or finger paint.



Setting a Personal Goal

1. State your Goal:

Make sure your goal is:

- Important to you
- Clear and measurable
- Realistic
- Dependent on specific action steps you can take

2. List the steps you'll take to reach your goal.

Step 1: _____
Step 2: _____
Step 3: _____
Step 4: _____

Additional steps?

3. Consider possible blocks and ways to deal with them.

Blocks

Solutions

4. Make a timeline.

Mark the timeline to show when you hope to start your goal and to complete each step of your action plan. Include the deadline for reaching your goal.

START

FINISH

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5. Build a support system.

Identify what and who can help you reach your goal.

6. Review and, if necessary, revise your plan.

Check your progress. If your plan and support system aren't working, make any necessary changes.

7. Celebrate your success.

Keep up the good work and reward yourself.

If one's mind can conceive it and one's heart can believe it, one can achieve it.

- Jesse Jackson, political activist