

# GOALS: SMALL GROUP ACTIVITIES AND DISCUSSION

## Large Group Activity (5 Minutes)

Ask the students the following question, “What do you want to be in life?” Students should call out responses for at least 2 minutes. Then ask, “Who has a goal to accomplish before graduating from this school?” “Does anyone have a goal for this week?” “What about for today?” (Note: Most students have life goals, but not short-term goals.)

## Small Group Questions (15 Minutes - 5 per group, assign 4 questions)

In the video, students were introduced to Dave Johnson who classified his goals into five distinct areas that:

1. He knew he could, in fact, achieve.
2. He knew he was most likely to achieve.
3. Would take a very good effort to achieve.
4. Are very difficult to achieve and that would require a personal best.
5. He only hoped to achieve someday.

**In each group, define 5 goals that are common to your group. Classify the goals into the types listed above. Assign the groups three of the following questions:**

1. What effect does goal setting have on the average person's life--does it really help them to accomplish more?
2. Is it possible to live life without setting goals for yourself? If so, are you able to achieve things you really want in life?
3. Why don't students set goals?
4. Name someone that you know who is a goal setter. What is some way that they are different than the person who isn't a goal setter?
5. What are things that keep you from reaching a goal you only hope to achieve?
6. How do short term goals relate to long term goals?
7. Is it possible to set goals that are too high and therefore unattainable? If you do set that kind of goal for yourself, and set yourself up for failure, what should you do with that original goal?
8. Do you think people like Neil Armstrong (astronaut) and presidents of the United States were goal setters? Why or why not?

## Group Activity (10 Minutes)

Teachers should choose to discuss important questions (like #s 1,3,6, & 7) with the whole class. Allow groups that didn't have opportunity to answer those questions to comment, if they desire.

# WRAP-UP: GOALS

## **IF YOU DON'T SET GOALS, YOU CAN'T REACH YOUR DREAMS.**

- Great success stories like pro-athletes, millionaires, or even Mother Theresa types don't happen by accident. They happen because determined people set goals and go after them.
- What do you want to be in life? You won't get there without reaching lots of small goals all along the way.

## **SHORT TERM GOALS ARE JUST AS IMPORTANT AS YOUR OVERALL GOAL OR DREAM IN LIFE.**

- Set short term goals to get better grades, to improve your lifestyle, to end bad habits, and to excel in sports or other areas you enjoy.
- Each short term goal achieved is another building block of a better you!
- Each small goal you achieve gets you closer to a bigger goal, and eventually to what you want to be in life.

## **IF YOU AIM FOR NOTHING, YOU WILL PROBABLY HIT IT.**

- Set your goals according to what you know you can achieve. If you don't set any goals, then you won't have anything to strive for, and you'll have no way of measuring your own success or progress in life.
- Make your goals reachable. Unrealistic short term goals will just frustrate you and make you feel like giving up.

## **START SETTING GOALS TODAY AND PUT THEM UP WHERE YOU CAN SEE THEM EVERY DAY.**

- Remember Dave Johnson's advice: Write your daily, weekly, and monthly goals on a piece of paper and pin it up where you can see it every day--like on the mirror in your bathroom.

# HOMWORK: GOALS

## HOMWORK Project: Planning and reaching your goals.

To reach your dreams, you need to clearly define short and long-term goals. In this activity, you need to set three goals. One goal should be related to career, one to education, and the other to personal development (i.e., quitting a bad habit, becoming a more understanding person). Write them down on three separate sheets of paper. Make three columns on your paper, and title the columns from left to right: "Short Term Goals," "Daily Steps" and "Rewards." See the example below.

**In the first column,** list general short term goals *in the order that you will need to achieve them* to reach your long term goal. Ask a teacher, counselor, or parent for help in defining these short term goals.

**In the second column,** list the daily or weekly steps you can take for all the goals that you can achieve today. Make sure each step is achievable and measurable. You may list as many steps as you think it will take to achieve each short term goal.

**In the third column,** list the rewards that you will give yourself as you succeed in completing each daily or weekly step you listed in column two. Be creative and have fun, and don't forget to actually give yourself the reward!

When you are done with your three Goal Sheets, choose one goal that you most see yourself achieving. Paste the paper in the center of a poster board and surround it with picture cut-outs from magazines that reflect your short term goals, daily steps, and rewards. Poster boards will be displayed in class.

### **Example Career Goal: "I want to be a High School Teacher."**

<b>Short Term Goals</b>	<b>Daily/Weekly Steps</b>	<b>Rewards</b>
Getting hired at a school	Interviewing	Take a short vacation
Earning teaching credential	Passing C-BEST test	Night on the town
Receiving BA degree	Complete all assignments	Buy a new jacket
Gain practical experience	Be a volunteer youth leader	Treat myself to ice cream
Get accepted to college	Apply to 10 colleges	Buy new clothes
Graduate High School	2 hrs. homework daily, C or better on all tests	1 Diet Coke a day, Buy 2 new CDs each quarter
Get a B in math	Get extra help each week	Go out to a nice restaurant