

## Session 4 – Goals

### Worksheet 1– Goal-setting Play

Amber: Do you know what I'm going to be someday?

Jason: Nope!

Amber: Well, I'm going to be an astronaut! I'll orbit around the earth, then land on the moon. Maybe I'll even be able to go to another planet. There are so many exciting things to learn.

Jason: Yeah, I guess so.

Amber: Oh, there are! I want to be an astronaut so badly. Until then I'll work as hard as I can to become one. What do you want to be Jason?

Jason: I don't know (acting bored, looking around).

Amber: Well, I've been reading about astronauts, and to be one, I'm going to need a lot of education. I'll have to go to college and even graduate school. If I begin working now, I know I can do it. My parents think I can, too. Are you going to college, Jason?

Jason: I don't know.

Amber: ...and I learned that to go to college and work towards becoming an astronaut, I have to take advanced science and math courses in high school and I have to make top grades in all of my classes... and learn a lot. It's not easy to get into a good college –the kind that a future astronaut should attend. Have you thought about what courses you are going to take in high school, Jason?

Jason: Nope.

Amber: ...and to be able to take those advanced courses in high school and to do well, I am going to have to work really hard in middle school. If not, I won't be prepared to take those courses. That's why I am working so hard in my classes now. Are you working hard in school, too, Jason?

Jason: Aww... I don't know.

Amber: Jason, you don't act like you are interested in any of this. Don't you know that what you do in school now is important for the future?

Jason: Well, I guess so. I never thought much about it, I suppose.

Amber: Well, it is. Don't you have goals, Jason?

Jason: Goals? No I don't think so. Where do you buy them?

Amber: Jason, you're such a joker! You don't buy them, silly. You get them from yourself.

Jason: Look, Amber. I'm really not joking. What are these things you call "goals"?

Amber: Well, Jason, I've been telling you my goals. Goals are plans that you want to accomplish. You make a "goal" or plan, then work toward it.

Jason: Goals, huh? What do you need them for, anyway? I'm doing fine just drifting along.

Amber: Jason, goals give you direction. When you are working towards a goal, you make decisions the basis of your goal – you decide on things which will help you get closer to your goal. Without goals, you just "drift along," as you say, and you may never accomplish anything.

Jason: Yeah, but what if you change your mind? Like... what if you decide when you finish school you don't want to be an astronaut, or there are so many astronauts around that they don't need you? Then, you will have wasted all this hard work. Ha...what about that?

Amber: No, I won't waste it. If I decide not to be an astronaut, I will have learned a lot of important things which will help me in another career. It's OK to change your goals, sometimes.

Jason: Humph! Goals sound like a lot of extra trouble to me.

Amber: I don't think so. My goals have already helped me this year. My goal for this year is to make an "A" average at the end of the year.

Jason: How is that helping you now? The end of the year is a long time away.

Amber: Yes, but to make an "A" average at the end of the year, I have to do well each nine weeks... and this last nine weeks, I had all A's except for one B in English. I'm going to bring that B up. I'm working extra hard on that subject. Like today, I have a goal to make 100 on my English test.

Jason: So you think your A's each nine weeks will make you an astronaut?

Amber: They are a first step towards it. You have to break your goals down into little steps as you work gradually towards the big goal.

Jason: Oh!

Amber: Yeah, like you, Gordon? What is something you really want?

Jason: A new bike! My old one has had it, but my parents can't buy me a new one right now.

Amber: Ok, what do you need to get a new bike?

Jason: Money, lots of money!

Amber: All right, then let the bike be your big goal. What are some steps you can begin taking right now in order to reach your goal?

Jason: Well... I could start saving money... but I don't have any money to save.

Amber: How can you get money?

Jason: Well, I could start earning money. Mr. Green, my neighbor, asked me to mow his lawn. I could probably find some other odd jobs.

Amber: That's the idea, Jason. Find a goal, then break it down into little steps that you work on right now... ones that will help you toward your big goal.

Jason: Goals may not be so bad after all!

Amber: That's right. They'll help you. Now, maybe I can help you work on a career goal.

Jason: Hold on Amber! Let's look at one goal at a time. I think I'll work on my bike first. Who knows? I may decide to be a motorcycle racer and this bike could be one of my little goals.

## Worksheet 2 – Compute Your Goals

Step 1. Decide what you want to do or reach and make it your GOAL. For example, you may want a new MP3 player. What will you do to reach your goal?

Step 2. Make sure your goal is realistic. It may be a bit out of reach but it must be something you can reach.

Step 3. There are two types of goals: long-term goals, like graduating from high school, and short-term goals, like improving your next report card by bringing each grade up one letter.

Step 4. Moving toward your goals is like climbing a ladder. Your goal is to get to the top of the ladder, but to get there you have to climb one step at a time.

Step 5. The most important thing you can do to reach your goals is to write them out.

Step 6. Your goal is where you are headed but you will never get anywhere unless you have a plan to get there.

Step 7. Set specific goals you can measure. If your goal is to become a better reader, write out how much extra time you will spend each day to improve your reading. Will it be 15 minutes every weekday? Don't just say, "I'm going to read more." You won't be able to measure whether you are moving towards your goal.

Step 8. Cut out an illustration or draw yourself reaching your goal so that you can have a picture in your mind. Remember, **YOU CAN IF YOU BELIEVE YOU CAN!**

Step 9. Nobody reaches his or her goal magically. Ask yourself daily, "Am I really working hard to reach my goal?"

Step 10. Write down what you did that got you closer to your goal. Don't worry if you make some mistakes. Learn from your mistakes by asking yourself what you are going to change to make sure the same problem doesn't come up again.

Step 11. Share your goals with friends who also have goals so you can encourage each other.

Step 12. Remember, setting goals will help you become the very best person you can be. Reach for the top of your abilities!