

## Developing Life Goals Lesson Plan

### Objectives:

To write personal and career goals.

To reflect on what they are doing in school that will help them meet their goals.

### Materials Needed:

- ◆ “Setting Goals” (1 copy for each student)
- ◆ “Sophomore Goals” (at least 4 copies for each student)

### Procedure:

#### Discussion:

- ◆ Be creative in introducing this opportunity for students to think about their futures and consider how what they are doing in school NOW affects their future choices.
- ◆ Discuss the value of goal setting. If you have a personal goal setting experience, you might share a goal that you have set and the positive results to be gained in setting goals. Ask students to share goals they may have set and met.

#### Writing:

- ◆ Ask students to discuss the difference between **setting a goal** for what they want and **wishing** for something they want.
- ◆ Have students read the “Setting Goals” handout. This is an activity that changes a wish into a goal.
- ◆ Following the first step have students write their goals on the “Sophomore Goal” sheet. Have them complete at least four goal sheets. One of these goals should be a career goal – get them thinking about what they do in HS getting them to that goal. The other goals can be personal, academic, health or fitness related.

#### Reflection:

- ◆ We will have days indicated on the calendar to have students reflect on these goals.
- ◆ Have more copies of the “Sophomore Goals” sheet in case your students would like to create more goals as they complete the ones they have set.

**Students should place those forms in their notebook  
or portfolio for reference throughout the year.**

# Setting Goals

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***Goal setting can be a very effective method to getting you motivated to turn a wish into a goal. When setting goals, follow these four steps:***

## **1. Write your goals:**

- Be specific
- Goals need a start date and, preferably, an end date
- Goals need to be singular and strait forward
- Make them attainable
- Goals need to be something that you can do in the time period that you set out
- Create them so that you can feel success, while still challenging yourself
- Be able to measure your success
- Goals need to be measurable--how will you know that you have met the goal?
- Be realistic, but challenge yourself
- A goal should be a stretch for you—difficult, but achievable
- If you don't match your values to the goal, you won't believe in the goal
- Set deadlines
- Set end times for each part of your action plan and the goal itself

## **2. Develop an action plan:**

- Write what you need to do to reach your goals
- Include dates whenever possible to identify when each step of the action plan will be completed
- Include the resources you will need to successfully complete the goal. These might include asking a friend for help, meeting with a teacher, gathering required materials, and setting a timeline so you can complete the goal on time

## **3. Reflect on your goal progress:**

- Check to see if you are following your timeline— does it need to be adjusted?
- Did you meet—or not meet—your goal?
- What helped you meet your goal? Or what prevented you from meeting your goal?
- What did you learn from setting this goal that will help you next time you set goals?

## **4. Reward yourself when you complete your goal:**

- Celebrate your success

Date Started: \_\_\_\_\_

# Sophomore Goal

Goal:

Action Plan:

- \_\_\_\_\_  date done: \_\_\_\_\_
- \_\_\_\_\_  date done: \_\_\_\_\_
- \_\_\_\_\_  date done: \_\_\_\_\_
- \_\_\_\_\_  date done: \_\_\_\_\_
- \_\_\_\_\_  date done: \_\_\_\_\_
- \_\_\_\_\_  date done: \_\_\_\_\_
- \_\_\_\_\_  date done: \_\_\_\_\_
- \_\_\_\_\_  date done: \_\_\_\_\_
- \_\_\_\_\_  date done: \_\_\_\_\_

Reflection:

Date:

Date:

Date:

Date:

Date:

Reward: How will you reward yourself?