

GOAL SETTING

We live in a world today filled with increasing challenges and complexities, and it can be overwhelming to know what to do or where to start. To tackle the challenges in front of you, it's important to take some time to reflect on yourself and your situation. By making goals, you can build your foundation to set a realistic and achievable plan in motion to achieve your goals, whether they be personal or with a team.

Leadership & Future Building

Time

Self paced

Difficulty

Medium

Resources

Pen, paper

Instructions

Step 1

- Take time to sit down and reflect on a challenge in your life. What is something that motivates you to work towards?

Step 2

- Hold yourself accountable to your goal. Tell someone or write it down to say you will achieve X by Y date.

Step 3

- Now that you've expressed your goal, think of how to break it down into baby steps so you can develop a plan on where to start. For example, if you want to build a community garden with your class before the end of the school year, you may want to start with researching how to build a garden. Then continue to break out what will come next.

Step 4

- Keep going. Every milestone you achieve, make sure you acknowledge how much closer to your goal you are. Even if things don't go right, remember you are still closer to your goal than yesterday. All your effort counts!

Step 5

- When you hit your goal, make sure to share your great work and celebrate your accomplishment! Keep your momentum going and keep setting future goals. You have the skills to help you work through the challenges in your way.



For more Leadership & Future Building activities, visit www.preparecenter.org/TeenPrepKit