

## GOAL SETTING

### LEARNING OBJECTIVES

The purpose of this lesson is to help students create a SMART goal for themselves as a baseline or foundation for future goals.



### LESSON CONTENT

A S.M.A.R.T. goal is Specific, Measurable, Attainable, Relevant, and Time-bound. When you set SMART goals, you can clarify your ideas, focus your efforts, use your time and resources productively, and increase your chances of achieving what you want in life.

### STRATEGIES

- Create a vision board.
- Write down your S.M.A.R.T. goal.
- Make little steps forward.

### CONVERSATION STARTERS

- What are some big goals that you have for your future?
- What are some mini goals that will help you achieve your bigger goals?
- What little, daily habits will help you accomplish your goals? How can our family help support you in forming these habits?

### EXTENDING THE LEARNING

- Interview a parent, grandparent, or older sibling about a goal they set for themselves and how they achieved that goal.
- Read *The Magical Yet* by Angela DiTerlizzi. Discuss how having a growth mindset can help you achieve your goals. Reframe discouraging thoughts by adding the word “yet” to the end.