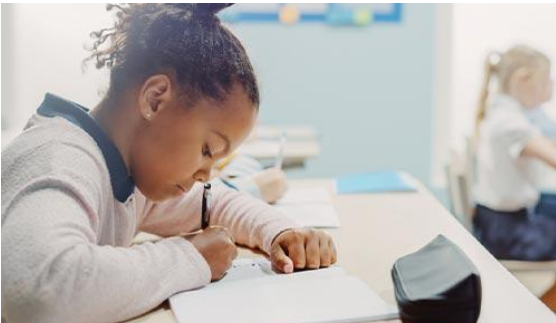


LEARNING OBJECTIVES

The purpose of this lesson is to help students explore the strategies of goal setting and invite them to set specific goals in their own lives.



LESSON CONTENT

Goals create purpose and direction in our lives and are built around a vision that we create for ourselves. The success or failure of our goals can have a great impact on our overall wellness. Goals are achieved through little habits that occur throughout the day.

STRATEGIES

- Set achievable goals.
- Create a timeline for your goals.
- Break goals into little steps.

CONVERSATION STARTERS

- What sorts of dreams or aspirations do you have for your life?
- Why is it important to set goals that are measurable and achievable?
- What healthy habits do you think would serve you best?

EXTENDING THE LEARNING

- Create a collage using magazine or newspaper clippings to make a vision board for your life. Include people and places that inspire you. Paste in words or values that matter most to you.
- Interview someone who you believe is successful in their life or in the community. Invite them to summarize their goals and talk about how they gained success.