

Goal Setting

Planning for Success

WHAT IS YOUR GOAL?

From time to time, we pause to set goals, check progress, and plan for our next success. As we do, our passions and perseverance shine through!



Christopher A.

EXCEL AT SPORTS!



Harshitha B.

REACH FOR THE STARS!



Sofia T.

EXPRESS IDEAS THROUGH ART!



Tamivyah S.

MAKE A MEDICAL BREAKTHROUGH!



Concepcion L.

PERFORM FOR AN AUDIENCE!



CREATE a picture of yourself working to reach a goal. Write the end result you want to achieve.

DRAW SKETCH HERE. ▶

MY GOAL IS _____



Planning for Success

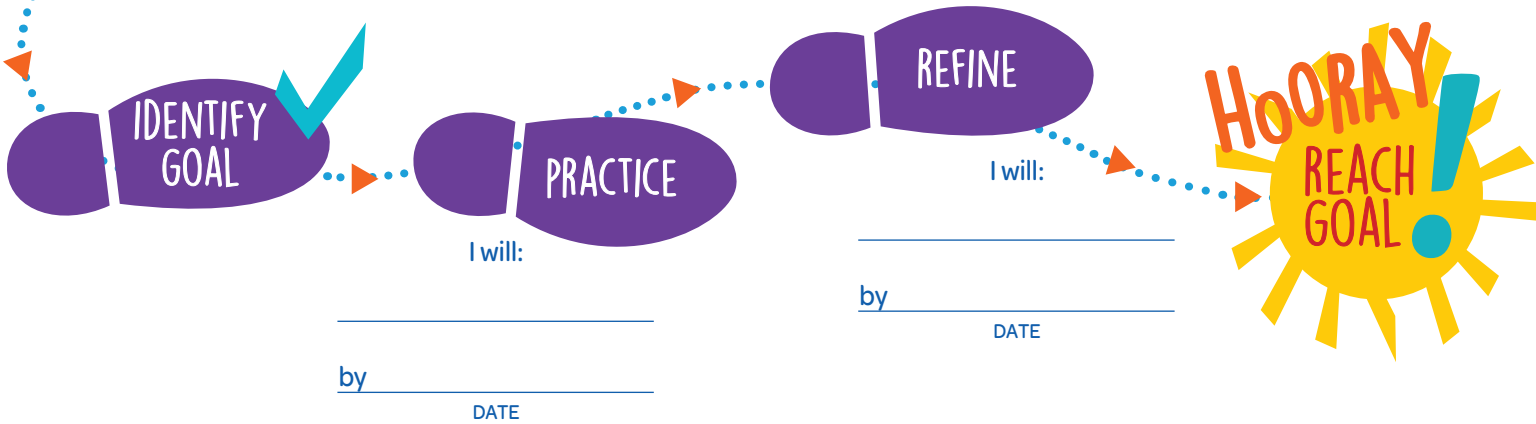


PRESENT your art to others, asking, “What steps do I need to take to reach my goal?”

Write down their suggestions.



RESPOND to your ideas and those suggested by others by creating a timeline that shows the steps you will follow to reach your goal. Practice and refine your skills to deepen your understanding.



CONNECT this planning process to working toward other goals.

How can you help yourself achieve goals? What other types of goals can this process help you achieve?

- What **wellness goals** do you have for yourself? These might include exercise, diet, health and mental health routines..
- What **learning goals** might you aspire to? *Building skills and understandings*, for example, are two goals that could be achieved through practicing math operations, daily journal writing and sketching, or improving motor skills by practicing an instrument, playing a ballgame, doing gymnastics, or performing dance movements.
- How can your **problem-solving goals** be strengthened? How can you use the design thinking process to help define problems and find solutions?

We all have things we'd like to achieve. When we make a plan to set goals, develop timelines, and intentionally practice over time, we can achieve success.