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TEACHER GUIDE

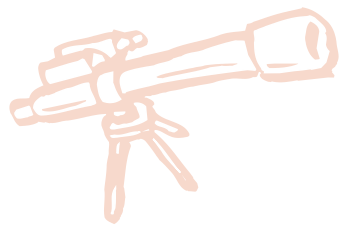
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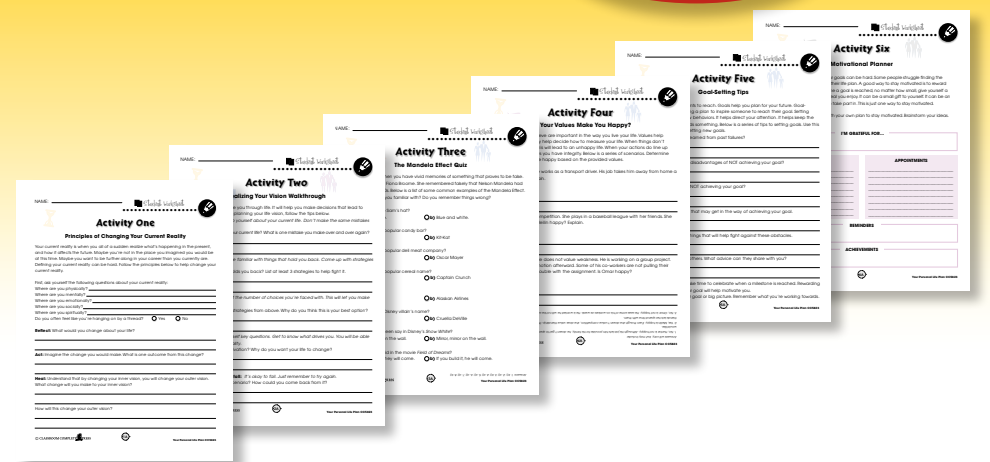
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Setting Goals

1. Raha wants to be a doctor. She knows that she'll need to get into a good medical school. In order to get into a good school, she needs good grades. Which of these 3 goals does Raha have control over? Which does Raha not have control over?

2. Liam wanted to go on the end-of-year school trip. He put down a \$100 deposit. He needed to pay the other \$400 a week before the trip. He planned on saving \$50 each paycheck from work. He gave himself 3 months to raise the money. Liam wasn't able to go on the trip. Why didn't Liam reach his goal? What could he have done differently?



3. Write each term beside its meaning.

goals **momentum** **process** **outcome**

- a) Keeping things moving.
- b) Things a person wants to reach.
- c) A set of steps to reach something.
- d) The result of something.



Setting Goals

The next step in creating a life plan is setting goals. **Goals** are things a person wants to reach. Goals help you plan for your future. **Goal-setting** is the process of making a plan to inspire someone to reach their goal. Setting goals is important to start new behaviors. It helps direct your attention. It helps keep the **momentum** of working towards something.

There are 3 types of goals.

Process: Specific things to do.

Performance: Something you want to realize.

Outcome: Reaching the objective of winning.



These types of goals work together. Your process goal may be to read one chapter of a textbook every night. Your performance goal may be to get an average of 80% on all tests. Your outcome goal may be to get your dream job after school.

Process goals are fully controllable. **Performance goals** are mostly controllable. **Outcome goals** are uncontrollable.

Here are some tips for goal setting:

1. Do some research. Learn from past failures.
2. What are the benefits and disadvantages of not achieving your goal?
3. List the obstacles.
4. List solutions to obstacles.
5. Get support from others.
6. Celebrate every time a goal is reached or milestone to a goal is reached.
7. Don't lose focus on your goal or big picture.



Setting Goals

1. Fill in each blank with the correct word from the reading.

The next step in creating a life plan is setting _____ a. Goals are things a person wants to _____ b. Goals help you plan for your future. Goal-setting is the _____ c of making a plan to _____ d someone to reach their goal. Setting goals is important to start new _____ e. It helps direct your attention. It helps keep the _____ f of working towards something.

2. Circle the word TRUE if the statement is TRUE or circle the word FALSE if it is FALSE.

- a) Outcome goals are fully controllable.
TRUE FALSE
- b) The first step in creating goals is to know what you want to achieve.
TRUE FALSE
- c) There are 4 types of goals.
TRUE FALSE
- d) It's a good idea to track your progress to be sure you are successful.
TRUE FALSE



Setting Goals

3. What do you do when you don't reach your goal? You must reset your goal. Follow the steps below. Think of a goal you were not successful in. It could be something recent, or something in the past. In the chart, complete each step to reset your goal. Reflect on this process.

Step 1	Step 2	Step 3	Step 4
EVALUATE	PLAN	TAKE ACTION	REWARD
Why did you not reach your goal? What could you have done differently?	Set a plan to reach your goal. Do what you didn't do before.	Put your plan in action. Take the time to track your progress to be sure you are successful.	Give yourself a reward for each milestone you reach. This will motivate you to continue.

Graphic Organizer

4. Use the graphic organizer on page 12 to complete a goal-setting timeline.

Goal-setting is a linear process based on the three types of goals. Process Goals are fully controllable. Performance Goals are mostly controllable. Outcome Goals are uncontrollable. For example, studying every night (process goal) is fully controllable by you. This leads to getting good grades (performance goal). This type of goal is mostly controllable, assuming you followed the process goal. This then leads to getting a good job (outcome goal). This type of goal is uncontrollable as it involves other people. On the graphic organizer, create your own goal-setting timeline. You must establish each type of goal on your timeline.

Walking You Through a Life Vision

A life vision is the big picture of what you want your life to look like. This can be your everyday life. It could also be your hopes for the future. For this activity, you will be creating your own life vision. Use this walkthrough for help.

Where do you want to be in...

5 years:

10 years:

20 years:

Who do you want to be in your life?

•

•

•

What do you want to accomplish most in your life?

What would you change about the world?

What do you want people to remember about you?

Crossword Puzzle!

Across

- 3. Being able to change to new conditions.
- 6. What you see your dream life to be.
- 8. Things you want to reach.
- 12. Looking at yourself.
- 13. This helps to organize things.
- 14. A detailed summary of something.
- 15. Having strong morals.

Down

- 1. Stop you from reaching your goal.
- 2. Being relied on.
- 4. The most important things.
- 5. Things that are important in the way you live your life.
- 7. Feeling sure about yourself.
- 9. Being excited to do something.
- 10. Never giving up.
- 11. Making a promise.

Word List

- adapt
- breakdown
- commitment
- confidence
- dependability
- goals
- integrity
- motivation
- outline
- persistence
- priorities
- roadblocks
- self-assessment
- values
- vision

Comprehension Quiz

Part A

Circle **TRUE** if the statement is TRUE or **FALSE** if it is FALSE.

- TRUE FALSE** a) A successful life vision will balance all components equally.
- TRUE FALSE** b) Your identity will answer the questions "who am I?" and "who was I?"
- TRUE FALSE** c) When creating a life plan, put strengths and weaknesses in order of what's most important.
- TRUE FALSE** d) When your actions line up with your values, this shows you have integrity.
- TRUE FALSE** e) People who write down their goals have trouble reaching them.
- TRUE FALSE** f) You need a life plan if you find it easy to make decisions.

Part B

Put a checkmark (✓) next to the answer that is most correct.

a) Which is NOT a way to get rid of roadblocks?

- A Find the root cause.
- B Take action.
- C Brainstorm solutions.
- D Place blame on others.

b) Which is NOT a type of value?

- A Character
- B Financial
- C Personal
- D Work

Steps to Eliminating Roadblocks

1. Find the root cause.



What is causing this roadblock?

Finish this sentence:

The roadblock is being created by _____.

That will be your root cause.

2. Brainstorm solutions.

Think of all the possible solutions to your roadblock. Use the root cause as a reference when considering these solutions. When you think of a solution, write it down. Use the note or memo app on your smartphone to keep track of your ideas. They will come at any moment, and chances are you'll have your smartphone nearby to write them down.

3. Prioritize solutions.

Sort all your solutions in order of greatest impact. You might consider putting the quickest and easiest solutions at the top of your list. Create a plan based on your top solutions. This should include timeframes of when you can start and when it will be finished, and any resources you may need to accomplish your plan.



4. Share your plan.

Share your plan with others. Maybe you need help eliminating the roadblock. Maybe you just need help staying accountable.

Sharing your plan will accomplish this.



5. Take action. Start your plan!



Keep track of your progress. If you're not seeing the results you were hoping for, go back to your list of solutions. See where you can make a change for the better.



Setting Goals

1. Fill in each blank with the correct word from the reading.

The next step in creating a life plan is setting _____ a. Goals are things a person

wants to _____ b. Goals help you plan for your future. Goal-setting is the

_____ c of making a plan to _____ d someone to reach their goal. Setting

goals is important to start new _____ e. It helps direct your attention. It helps keep

the _____ f of working towards something.

1.

a) goals

b) reach

c) process

d) inspire

e) behaviors

f) momentum

2. Circle the word TRUE if the statement is TRUE or circle the word FALSE if it is FALSE.

a) Outcome goals are fully controllable.

TRUE

FALSE

b) The first step in creating goals is to know what you want to achieve.

TRUE

FALSE

c) There are 4 types of goals.

TRUE

FALSE

d) It's a good idea to track your progress to be sure you are successful.

TRUE

FALSE

2.

a) FALSE

b) TRUE

c) FALSE

d) TRUE

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EASY MARKING ANSWER KEY





Setting Goals

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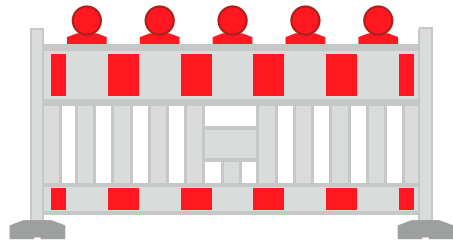
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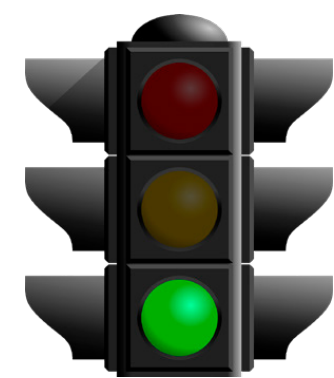
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