

*I am not afraid of storms, for I'm
learning to sail my ship.*

- Louisa May Alcott

Having a meaningful goal, figuring out what steps will lead to achieving it, and then sticking to it until we've been successful is a powerful skill that helps us all through our lives.

For this activity, talk with someone older from your household. Take turns asking each other the question, so both people get to answer.

First Topic:

- What does the above quote mean to you?
- How does this quote connect to having goals?

Second Topic (choose as many as you and your partner find helpful):

- What helps you stay motivated when you're working toward a goal?
- What are some things that feel discouraging?
- What do you find encouraging?
- When you are trying to get started, what helps you choose a goal that's right for you?
- What do you do that helps, when you are trying to stick to a goal? When what you're trying to practice or learn is hard?

Record some insights from your conversation, that can help you as you work to achieve goals. Use the back or a sheet of paper if you have more to write.

Conversation Partner Signature: _____

Goal-Directed Behavior: Working to Make Dreams Come True!

Goal-Directed Behavior: A child's initiation of, and persistence in completing, tasks of varying difficulty.

Thoughts for adults supporting this project:

Being able to set and achieve goals is a valuable life skill. Everything that goes into setting and achieving goals (having a clear, specific vision of what we want to learn or accomplish; having a plan that we can actually carry out, if we stay motivated, tracking and measuring our progress along the way; and creating a timeline for reaching our goal so that we are reminded to stay on track) help to prepare us for work life, for higher education, and for contributing to our families and communities in ways that are meaningful for us.

Generally, setting goals is the easy part! It's following through and accomplishing them that can be tricky. Carrying out our action plan can become difficult or we may start to lose interest. But since setting goals, sticking to our plan, and then achieving our dreams helps build habits for a lifetime, it's worth it in the long run!

The purpose of this activity is to support students in setting goals that are meaningful to them, and to continue supporting them through the process of reaching the results they desire.

Keep in Mind

An excellent music teacher used to say, "Practice doesn't make perfect; practice makes permanent." That's because as we repeat thoughts and actions our brain actually changes, making refined pathways so that repeating gets easier and easier. We can use this to our advantage, by building habits like knowing our priorities, persistence, and creative problem solving. These habits help us now and throughout our lives.

Personal Reflection Questions

How do I decide what goals are important to me in life?

What helps me stick to my plan until I achieve my goal?

What got in my way of me not reaching some the goals I care about?

What can I change, so I am more likely to keep striving and reach my goals?

Additional Resource: <http://www.parents.com/parenting/better-parenting/style/how-to-teach-kids-perseverance-goal-setting/>