Wake Up To Wellbeing! Session 8

Goal Setting, what does it mean?

- Setting a goal is when you identify something that you want to achieve.

- Setting a goal means to plan something you want to be able to do better or understand better.

- Setting a goal is a bit like when a football player scores.

- It's the result of a lot of hard work. It took a lot of trying and maneuvering for him to score that goal.

- Can you think of some goals that you want to set yourself while we are doing our school-work from home.

• <u>Why is it important to set ourselves a goal?</u>

- Setting goals can improve our confidence and build our self-esteem.

- It also helps us focus and make better decisions and motivate us too.

- We all set goals without even realising, we think about what we want to be when we grow up.

- When we set goals we start to think about life-long frame of mind of thinking.

- Goal setting helps us to plan and learn what we need to do that will get us the results we want.

How do I set myself a goal?

- It is important to start out with a simple goal that is easily achieved.

- Make sure that you choose a reasonable timeframe and that the target you set yourself is something that you can do.

- There is no point setting yourself a challenge that you can't achieve.

- Think about how good it feels when you achieve something you set out to do.

- It is important to make sure that we use the right kind of language when we are talking about our "goals."

- *I want to [do this] by [when]. I already know how to [related skills].*

Specific

Achievable

Timely

Measurable

realistic

- It may be that you need to rethink your goal.

- If you decide that you are going to learn how to play [ice hockey](), but don't know how to skate, you may want to learn how to skate your first goal.

- Think about breaking down your goals into the smaller steps (or skills) that are needed to get to the bigger goal. You can ask an adult to help you do this as it can be tricky to do it by yourself.

Create a Visual Reminder of Goals

- A visual reminder of our goal can be very helpful and keep us on track.

- Use a worksheet that has a goal on top and a ladder on which lists the steps to the goal.

- You can also use other goal-setting worksheets or pictures that help you.

- Keep track of how you are coming along toward your goals. Take a look at the goal ladder and mark off any steps that you have completed towards your goal.

- When you have reached your goal, take it off the goal board or list and celebrate!

- It is important to recognise that we may not always be able to achieve the targets we set ourselves and that can be for many reasons.

- If this happens, we should not see this as a failure, but use it as a learning opportunity.

- Perhaps you could have planned your goals differently? Was the target you set yourself too big?

- It is very important not to give up when we they don't reach our goals

- After all, life doesn't always turn out as we had planned!

- Think about your school work. What kind of goals could you set yourself?

- How can you keep a note of what you are going to do and how you will achieve it?

- OR.....

- Can you design a poster which would help one of your fellow classmates create their own goal?

- What would they need to do and how could they go about it?

- What advice can you give them?

- Can you make a goal board?

- One that looks like a football goal is a great!

- Write down why you chose to create the goal board you have made?

- Can you explain how you will use it to reach your goal?

- Share your ideas with your teacher and classmates.