

1. Why Set Goals?



First Thoughts:

In 20 words or less, write down the first reason that comes to your mind of why someone might want to set a goal:

*Read the following and **HIGHLIGHT** or UNDERLINE the most important points.*

Have you ever been on a boat or ferry? Imagine you boarded a boat and were suddenly told that you were now the captain. You had no idea where the boat was supposed to go and no idea in which direction to even start moving. In order to get the boat moving, you need to make a decision about where you want to go. If you have no destination in mind and you just float around aimlessly, you could end up anywhere!

So if you WERE in charge of a big boat, what would be the top 3 places you would want to go?

- 1.
- 2.
- 3.

Goal setting has lots of similarities to the boat analogy. If you do not think about what you might like to achieve, if you have no direction or focus for your energies, it becomes a matter of luck as to where you end up in life and what you achieve along the way. So some reasons as to why you might consider setting goals:

- setting goals gets you to think about possibilities
- goals give you a direction to work towards
- goals give you a clear picture of where you want to go
- goals help you to push yourself just that little bit more
- goals help you have a more fun and fulfilled life
- goals can give you motivation and focus
- setting goals helps you do all the things you want to do in life!

Research has shown that people who set goals (and use them effectively) not only perform better, but suffer from less stress and anxiety and are happier and more satisfied with life. You have probably set many goals already without even realising it – not every goal has to be written down but it certainly helps you to stay on track if you do write it out.

Remember, if you don't set goals you'll find that life just sort of 'happens' to you rather than you actually deciding what you want out of life then making what you really want happen!

So get in the driver's seat of your life and take control with goals.

*In your own words, write down the 3 most important points
or the 3 points most relevant to you from the previous page.*

1.....

2.....

3.....

Now take the quiz below then see (on the next page) what your score means.

➤ When you go to bed at night, do you ever think about the things you'd like to do the next day?	YES / NO
➤ When you wake up in the morning, do you ever think about all the things you'd like to do that day?	YES / NO
➤ Do you ever write lists of things you need to do or things you want to remember?	YES / NO
➤ Have you ever thought about something you wanted to do and then tried to work out how to make it happen?	YES / NO
➤ Do you find it easier to do something or learn something if you are clear what the end point will be?	YES / NO
➤ Do you find you work harder when you are doing something you are interested in or enjoy?	YES / NO
➤ Do you feel better when you know exactly what you are supposed to be doing?	YES / NO
➤ Do you feel less stressed when you know you are doing the things you should be doing?	YES / NO
➤ Have you ever set yourself a 'goal' to achieve either at school or in your personal life?	YES / NO
➤ Have you ever done something that you found hard or challenging but you persisted because you wanted to make it to the end?	YES / NO
<i>The number of times you circled YES was:</i>	

If you had 'YES' 5 or more times

You already have a good natural understanding of why we need to set goals. Without even realising it, you are already automatically goal setting at different times in your life.

If you had 'YES' less than 5 times

You haven't spent too much time setting goals so it will be an exciting experience for you to try it and see how powerful it really is!



GOAL SETTING ACTIVITY

Let's set some goals for school for this year.

Which subject(s) would you really like to try and improve in this year and why?

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How much would you like to improve your results by? Choose a mark or a percentage increase but pick some sort of specific target to aim for.

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What could you do this year to improve in this subject? Some examples might be: listening much more in class, staying on task in the lesson, doing all the homework every night, keeping a list of questions to ask your teacher, getting extra help from a friend or your family.

- a)
- b)
- c)
- d)
- e)

“Without goals, and plans to reach them, you are like a ship that has set sail with no destination.”

Fitzhugh Dodson

To illustrate or explain the quotation above, either draw a picture or cartoon or write a short story or a poem that expands upon or shows the ideas in the quotation. Your teacher may ask you to share your work with the class or person next to you.

6. The Importance of Attitude



First Thoughts:

In 20 words or less, write down how you think 'attitude' might affect your goals.

Read the following and **HIGHLIGHT** or UNDERLINE the most important points.

Do you like Mathematics at school? Are you good at it? Teachers often comment that at parent teacher nights, a parent who says things like 'I was never any good at Maths' often has a son or daughter who also thinks they can't be any good at Mathematics. Research has proven again and again that if you keep telling yourself something (such as I am no good at Maths) you will really start to believe it and it will affect the way you approach everything to do with that area. Approaching a task with a negative and self-defeating attitude makes it much harder to actually be successful at that task.

So what are 3 things you **KNOW** you are good at?

- 1.
- 2.
- 3.

The attitude you take towards your goals makes a big difference as to how successful you are in reaching them.

A negative attitude means you:

- feel like there is no way you can achieve your goals
- feel defeated before you have even started
- think to yourself 'why bother'
- find it difficult to motivate yourself to take any actions
- doubt your own abilities

A positive attitude means you:

- approach your goals with optimism
- are enthusiastic and interested in achieving the targets you set for yourself
- have confidence and belief in your own abilities
- are willing to try and learn new things
- are willing to do your best and even if you don't reach your goals will feel happy with what you did achieve

You can probably see how your attitude will make an enormous difference to the types of actions you will take to achieve your goals.

In your own words, write down the 3 most important points or the 3 points most relevant to you from the previous page.

1.....

2.....

3.....

Now take the quiz below then see (on the next page) what your score means.

➤ When you do things you haven't done before, do you mostly feel enthusiastic (A) or apprehensive/worried (B)?	A / B
➤ How often do you have the 'I can't be bothered' feeling at school: not too often (A) or quite often (B)?	A / B
➤ Do you tend to look at things in life positively / optimistically (A) or negatively / pessimistically (B)?	A / B
➤ How confident do you feel about yourself and your abilities? Fairly confident (A) or not very confident (B)?	A / B
➤ Are you keen to try new things (A) or would you rather try and stick just to what you know (B)?	A / B
➤ If you don't completely succeed at something do you focus on what you did enjoy (A) or do you feel depressed (B)?	A / B
➤ Do you try and set goals for yourself sometimes (A) or do you feel like it isn't really worth it (B)?	A / B
➤ If you stop and listen to the thoughts in your head are they mostly positive (A) or negative (B)?	A / B
➤ Do you think people would say you are have a good attitude to life (A) or a bad attitude (B)?	A / B
➤ Do you think people would say you are a 'glass half full' (A) or 'glass half empty' (B) person?	A / B
<i>The number of times you circled A was:</i>	

If you had 6 or more 'A's

Congratulations! You already have a pretty good attitude to life and goal setting. Some people are just born more optimistic while others certainly work towards making themselves take a more optimistic approach to life. So whatever you are doing, keep doing it.

If you had 5 or less 'A's

At times you might not even realise it but you sometimes can be not as positive as other people are when faced with different situations. Try becoming more aware of how you are thinking and feeling in different situations. Once you start to take notice of what is going on in your mind, then you can do something about making your thoughts more positive.



GOAL SETTING ACTIVITY

Let's look at how your attitude can affect your goals and your ability to achieve them.

Think of something that you often feel negative about. For example, maybe it is a subject you don't like or an activity you have to do and don't really enjoy. Describe it below.

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Write down all the things you feel about this activity. What attitudes do you have towards it?

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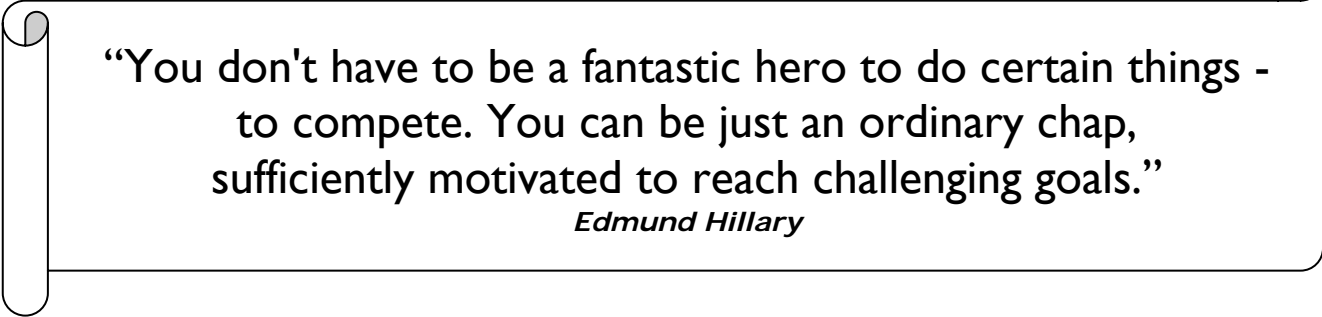
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Obviously all these negative associations make it harder to find anything redeeming in this activity! Write down one positive thing you could think about this activity or experience.

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Every time you do this activity, remind yourself of this positive aspect and your attitude towards it will start to improve over time.



“You don't have to be a fantastic hero to do certain things -
to compete. You can be just an ordinary chap,
sufficiently motivated to reach challenging goals.”

Edmund Hillary

To illustrate or explain the quotation above, either draw a picture or write a short story or a poem that expands upon or shows the ideas in the quotation.

Your teacher may ask you to share your work with the class or person next to you.