

GOAL SETTING: Define & Achieve Your Dream Life

Activity 1:

Write about your dream life. Where are you? Where do you live? Where do you work? What do you do in your spare time?

Activity 2:

What are some obstacles that are in the way of accomplishing your dream life? Write them down and identify ways you can overcome them in order to start your dream life.

Activity 3:

What are the six steps to goal setting?

Activity 4:

Keep a daily journal of what you've accomplished towards achieving any of your goals.

Activity 5:

Have the students separate into groups and act out one of the steps to goal setting.

Activity 6:

List different ways you can become informed about your goals.

Activity 7:

From whom could you gather support for achieving your goals and dream life?

Activity 8:

Keep a journal of your achievements and accomplishments as you work toward your dreams and goals. Be sure to keep track of how you overcame an obstacle. Keep a record of when you finished your goals. And, remember, now is the time to set your next goals.

ANSWER KEY

:Answers For Activity 3:

1. Put your dreams into focus. Find a quiet place to imagine your perfect life
2. Get informed
3. Building your confidence and expecting that you will succeed
4. Step back and review your goals. Refine, if necessary.
5. Gather support from those around you, both emotionally and financially
6. Prioritize your dream to make your goal a reality