



THE RESILIENCE READER

CHAPTER 3: GOAL SETTING

Competency: Self Regulation

In this chapter you will learn how to turn aspirations into achievements.

Goals!

WHAT ARE YOUR GOALS?

WHAT DO YOU WANT TO LEARN?
WHAT DO YOU WANT TO ACHIEVE?
WHERE DO YOU WANT TO BE IN
6MO? 1YR? 5YRS?

THERE IS NO WRONG ANSWER. LIST
OUT 5 GOALS YOU WANT TO
ACHIEVE.

Your top 5 Goals:

Goal 1

Goal 2

Goal 3

Goal 4

Goal 5



GOAL SETTING

Action Plan

"Someday" is not a day

Giving yourself a deadline helps you to keep the promises to yourself, and achieve your goals.

When will you achieve that goal?

Pick one goal

Goal of focus

Date of Achievement

This goal is important to me because:

Energize Yourself!

When you tie your "why" to your goal, it helps motivate you and keeps you focused!



GOAL SETTING

Action Plan

EVEN WITH SETBACKS, ROAD BLOCKS, AND UNSEEN CIRCUMSTANCES, A GOAL CAN BE ACHIEVED WHEN YOU FINALLY ACT

5 steps to reach your goal

This is your "to do" list on how you will achieve your goal, List 5 steps to achieving your goal.

Step 1

Step 2

Step 3

Step 4

Step 5



Obstacles

What will get in your way, and set a plan to get around them,

Obstacle 1

Plan to bypass the obstacle

Obstacle 2

Plan to bypass the obstacle



The First Step

Get the process going, do 1 thing each day towards your goal. What is your first step?

A journey of 1000 steps begins with the 1st- Laozi

GOAL SETTING: ACTIVITY

Visualize

VISION BOARD

PAPER VERSION

Supplies:

Poster Board or other item to glue on to

Glue

Magazines, newspapers, items you can cut up

Activity: Search the magazines and newspapers and cut out words and pictures that represent your goals.

DIGITAL VISION BOARD

TECHNOLOGY INTEGRATION

Supplies:

Tablet or Computer

Activity: Go to Canva.com (with parental supervision) create an account or other digital platform that you can make a photo collage on.

Create a new project

Pick a template

search stock photos and add them to your template to outline your vision and goals

Print

WHAT WILL IT LOOK
LIKE WHEN YOU
ACHIEVE YOUR GOAL?

Ask yourself:

Who will be there to
see you achieve it?

What emotions will you
have when you
achieve it?

Where will you be
when you achieve it?

When will the
achievement take
place?

Why is this so
important to you to
achieve?

Hang it up where you can see it daily!!