

My Road Ahead

Setting Reachable Goals



Objectives

- Define “goal”
- Identify and apply the goal-naming criteria
- Identify and apply steps to setting and reaching a personal goal
- Name someone to support him or her in working toward a goal

Open workbooks to pg. 2 – My Dream Car

Think of your dream car. Imagine what it would look like and what it would be able to do.

Now, imagine you are sitting behind the wheel of your dream car. It's perfect. It's the right make, model, and color. The interior is just what you wanted, and it has a great sound system. It is the car of your dreams.

There's just one thing. This car has to last you a lifetime. You will never have another car. What will you do to keep it looking good and running well?

Are you going to let your friends drive your car? Why or why not?

Write down the name of your dream car in the space provided.

Your Body Has to Last a Lifetime!



How long does your body have to last?

Your body is the most fantastic machine you will ever know. It is much better than any car. Your body is a high-performance machine that requires maintenance and high-quality fuel just as a car does.



When you eat a lot of junk food, you're putting low quality fuel in your body, which will lower your energy level. If you take dares or risks or give in to peer pressure, then you are letting other people drive your machine – your body.



Our bodies have to last a lifetime. Regular exercise, proper nutrition, and making good decisions are just as essential for you as regular maintenance, quality fuel, and safe driving are for your car.

Open workbooks to pg. 2 – My Road Ahead: Six Steps to Reaching Your Goal

Your goal must have the following criteria

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PERSONAL

You are more likely to achieve something that matters to you



POSSIBLE

Your goal must be set in a time frame where it is achievable



POSITIVE

You are more likely to reach a goal when you word it positively



SPECIFIC

Your goal needs to be specific and not general or vague

Steps to Reach a Goal

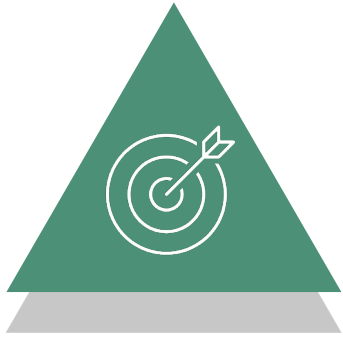


Look at Jorge's To-Do-List on the right-hand side of your workbook

- What action steps did Jorge set to achieve his goal?
- Look at his resources. He made a list of people and things that could help him complete the steps on his to-do-list. Who did he reach out to for help? What did he use to help him?

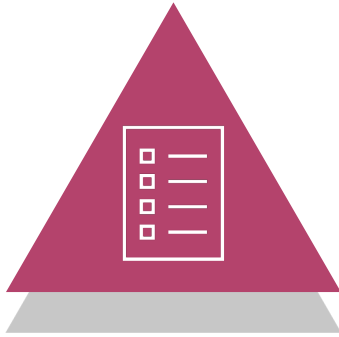


Open workbooks to pg. 3 – Jump Starters



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If you're not sure what your goal could be, look at the goal-setting categories to spark an idea.



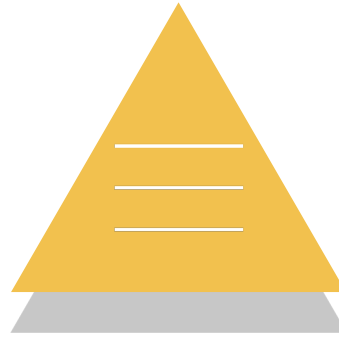
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Look at the "My Own Goal" section. Next to "My Goal" arrow, write down your goal on the lines provided.



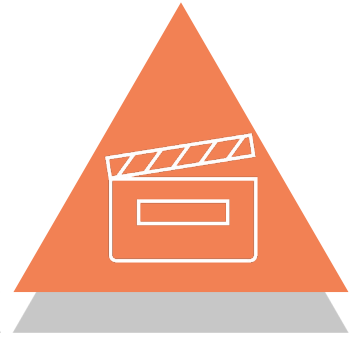
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Circle the icons of the goal-naming criteria as you confirm your goal meets each criterion.



L

Now, it's time to create your to-do-list. Look at the "My To-Do-List" section.



S

Write down four action steps you will take to reach your goal.

Please complete Kahoot! When finished with all 10 lessons.