Career: Setting Goals

Big Idea (5): Exploring our strengths and abilities can help us identify our goals.
Big Idea (6): New experiences, both within and outside of school, expand our career skill set and options.
Competency (5): Set realistic short- and longer-term learning goals, define a path, and monitor progress
Competency (6): Recognize their personal preferences, skills, strengths, and abilities and connect them to possible career choices
Content (6): Personal Development (goal-setting strategies)
Content (5): Personal Development (goal-setting strategies)
First Peoples Principles of Learning: Learning is reflective

Name: _____

Having goals is important because they give you something to work toward and help you focus on what you want to achieve. Goals can motivate you to try your best, learn new skills, and keep improving. They also help you celebrate your successes, even the small ones, and show you how far you've come. By setting goals, you can take charge of your learning, your hobbies, and even how you grow as a person, making it easier to reach your dreams step by step.

Look through the list of potential goals below. Highlight any goals that might seem interesting to you:

Academic Goals	Personal Growth / Emotional Goals	Social / Friendship Goals	Physical / Health Goals
1. Read a certain number of books in a month	1. Stay calm when frustrated	1. Make a new friend	1. Try a new sport or activity
2. Improve spelling or vocabulary	2. Be more confident in class	2. Include others in games or activities	2. Exercise at least a few times a week
3. Get better at multiplication/division facts	3. Share ideas more often	3. Be a good listener	3. Improve endurance (like running a certain distance)
4. Write a story or essay without help	4. Try something even if it seems hard	4. Solve conflicts calmly	4. Eat more fruits and vegetables
5. Finish homework on time every day	5. Be more patient with siblings or friends	5. Help someone who's struggling	5. Drink more water
6. Learn to take better notes	6. Practice gratitude (like writing 1 thing you're thankful for every day)	6. Compliment or encourage classmates	6. Sleep on time consistently
7. Improve handwriting or typing skills	7. Be brave in new situations	7. Work well in group projects	7. Practice good posture
8. Understand a tricky math topic	8. Listen carefully to others	8. Learn to share responsibilities fairly	8. Learn a new skill like swimming or biking
9. Learn a new science or social studies concept	9. Express feelings in a healthy way	9. Ask for help when needed	9. Stretch or do yoga for flexibility
10. Practice reading out loud confidently	10. Celebrate small achievements	10. Participate in school events or clubs	10. Take care of personal hygiene

Creative / Hobby Goals	Community / Service Goals	Technology / Digital Goals	Problem-Solving / Critical Thinking Goals
1. Draw, paint, or craft something new	1. Help a classmate who is struggling	1. Learn to type faster or more accurately	1. Solve a challenging puzzle or brainteaser
2. Learn a musical instrument	2. Participate in a school clean-up or recycling project	2. Practice safe online behavior	2. Think of multiple solutions to a problem
3. Write a story, poem, or comic	3. Donate something to someone in need	3. Use educational apps to practice math or reading	3. Plan a project from start to finish
4. Perform in a school play or talent show	4. Volunteer at a local event (like a library or fundraiser)	4. Make a digital presentation or slideshow	4. Experiment in science or math to see what works
5. Build something (like a model or Lego project)	5. Include others in games or activities	5. Learn basic coding or programming	5. Learn from mistakes instead of giving up
6. Take photos or make videos	6. Make a thank-you card for someone who helps you	6. Organize files or folders on a device	6. Ask good questions to understand better
7. Learn a new game or hobby	7. Take care of a pet or classroom plant	7. Create a digital drawing or animation	7. Make decisions carefully
8. Try coding or digital art	8. Encourage kindness at school	8. Follow directions for using technology independently	8. Break a big task into smaller steps
9. Keep a journal or sketchbook	9. Lead a small group activity	9. Research a topic safely online	9. Work through disagreements calmly
10. Make a gift for someone	10. Share skills or knowledge with others	10. Try a new creative digital tool (like music software or photo editing)	10. Try creative ways to solve everyday problems

Either choosing from the list, of thinking of your own goal, write down a goal below, that you are going to focus on:

_____

One of the strategies that people use to achieve their goals, is to have a **GOAL TRACKER**. This is a chart, or list, that helps you document your goals, and monitor your progress. Fill in the chart below. For each step that you achieve, you can think of a way that you are going to reward yourself, for making progress:
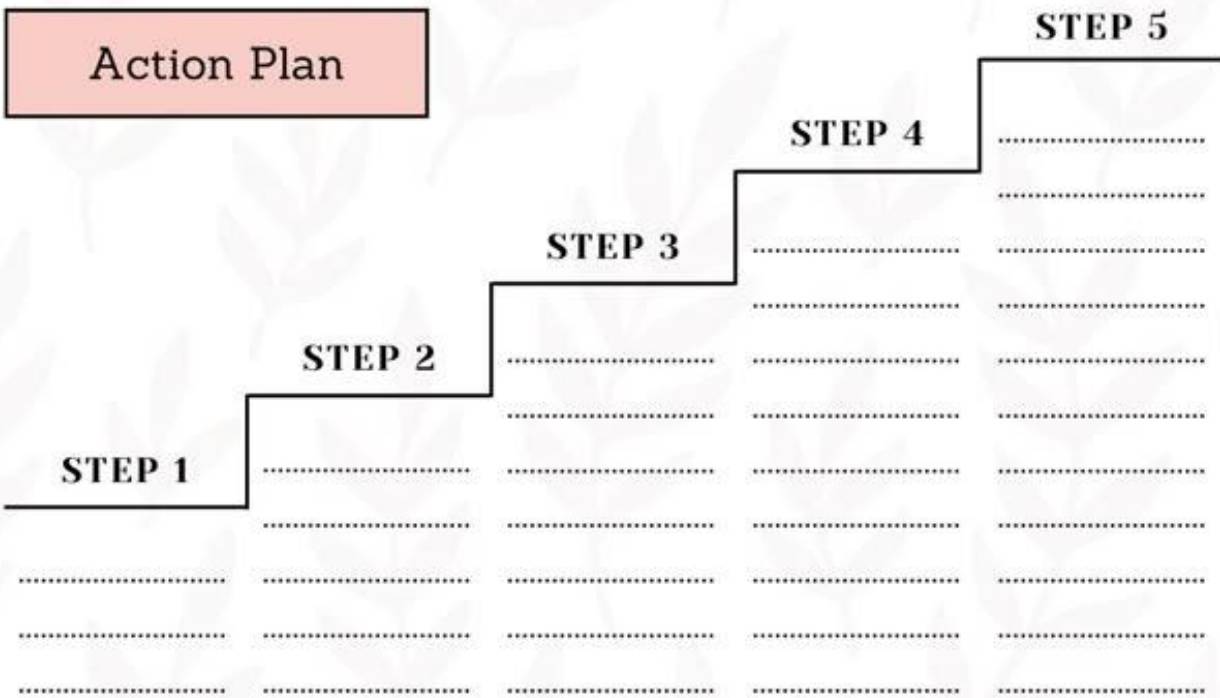
GOALS TRACKER

MONTH:..

YEAR:..

My Top Three Goals	
1	
2	
3	

To Do List

- ....
- ....
- ....
- ....
- ....

Action Plan

STEP 5

STEP 4

STEP 3

STEP 2

STEP 1

Rewards	1	2	3	4

Another strategy people use to reach their goal, is to VISUALIZE what it looks like, when they reach their goal. Draw a picture of what you will look like, or how you will feel, once you have achieved your goal:

Strategies to Achieve a Goal

1. **Set a clear goal** – Know exactly what you want to achieve.
2. **Break it into smaller steps** – Focus on one part at a time.
3. **Make a plan** – Decide what to do first, next, and last.
4. **Stay organized** – Keep your materials, schedule, and space tidy.
5. **Track your progress** – Check off steps as you complete them.
6. **Stay focused** – Avoid distractions and keep working toward your goal.
7. **Ask for help** – Get advice or support from teachers, family, or friends.
8. **Practice regularly** – The more you practice, the better you get.
9. **Be flexible** – Adjust your plan if something isn't working.
10. **Celebrate achievements** – Reward yourself when you reach milestones.
11. **Stay positive** – Believe in yourself and keep trying, even if it's hard.
12. **Reflect and learn** – Think about what worked and what you can improve.

Looking at the strategies above. Which strategy do you think will help you the most to achieve your goal? Why is that? Explain.
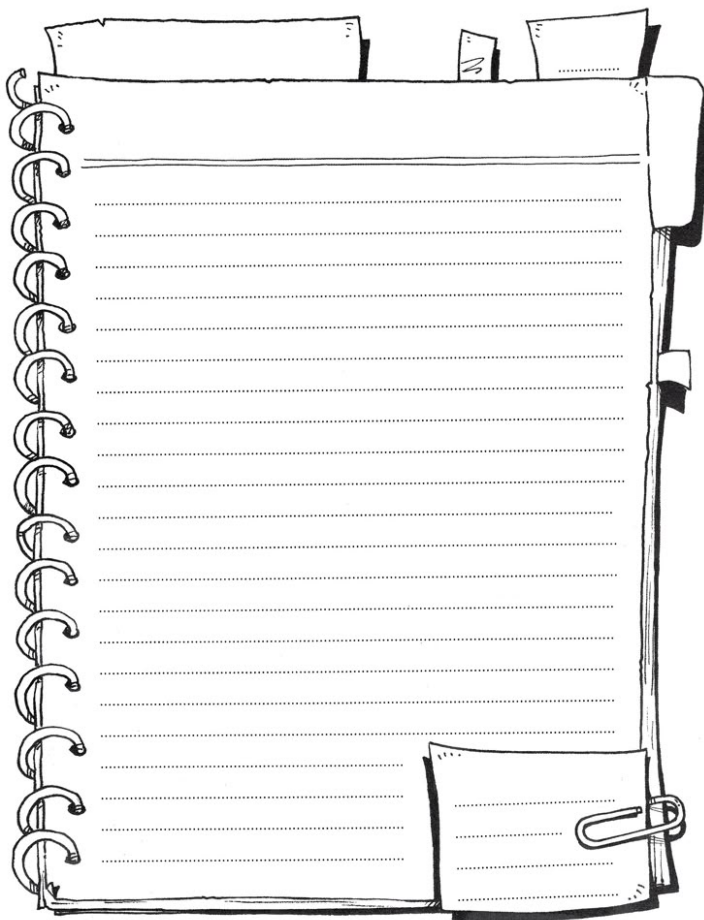
Another strategy people use to help them achieve their goals, is to remind themselves why they are setting the goal in the first place. For each thought bubble below, write down a reason WHY you want this as your goal: