

Good afternoon!

▶ Materials:

- ▶ Notebook
- ▶ Pen/pencil
- ▶ QOD

▶ Bell Work:

- ▶ Put QOD in center of your group to get ready to turn in.
- ▶ Glue your new Self-Reflection form for Habit 2 into your notebook.
- ▶ Add one new entry into your Gratitude Log.



Habit 2

BEGIN WITH THE END IN MIND:
DEFINE YOUR GOALS AND MISSION IN LIFE

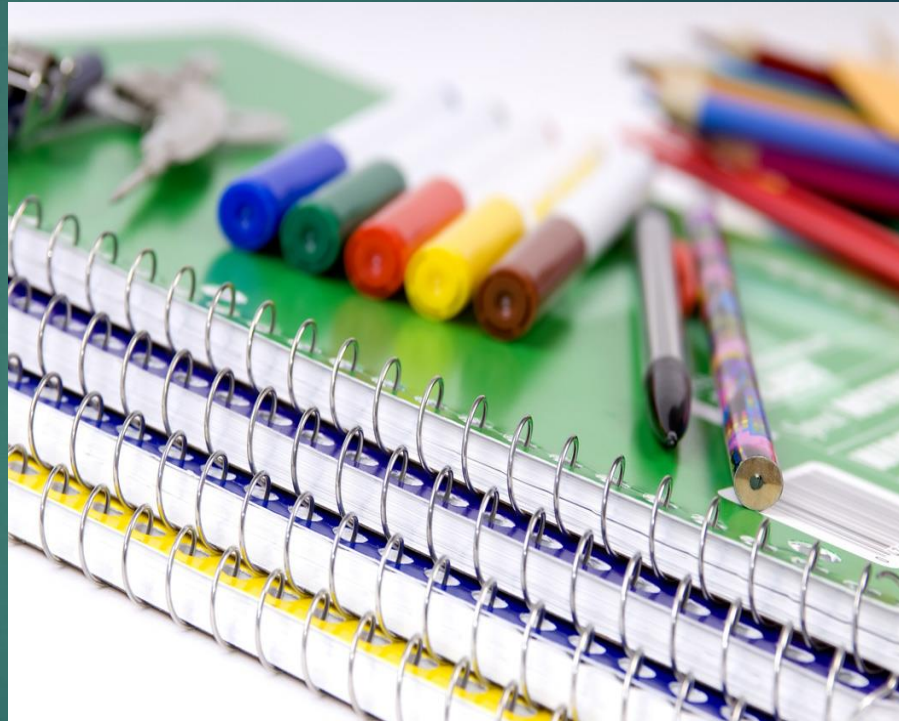


Essential Questions!

- ▶ If you don't know where you are going, how are you going to know when you get there?
- ▶ What are SMART GOALS?

S.M.A.R.T. Goals are...

- ▶ Specific
- ▶ Measurable
- ▶ Attainable
- ▶ Realistic
- ▶ Timely



Specific

- Specific goals answer the following questions:

Who: Who is involved?

What: What do I want to accomplish?

Where: Identify a location.

When: Establish a time frame.

Which: Identify requirements/constraints.

**Why: Specific reasons, purpose or
benefits of accomplishing the goal.**

Specific

- ▶ What details do you want to accomplish?
- ▶ “I want to do better in history”
- ▶ **Not Specific**
- ▶ “I want to increase my history grade from an 85% to a 90%.-
- ▶ **Specific**



Measurable

- ▶ To determine if your goal is measurable, ask questions such as
 - ▶ How much?
 - ▶ How many?
 - ▶ How will I know when it is accomplished?

Measurable

- ▶ All goals should have a way to evaluate whether or not they were accomplished.
- ▶ “I want to improve my mile time by 30 seconds.”
- ▶ Measurable
- ▶ “I want to run the mile faster.”
- ▶ Not measurable

Attainable

- ▶ The goal is “do-able”
- ▶ It is action-oriented
- ▶ It is “within reach” of mortals!
- ▶ **A** may also stand for Action-oriented and that requires *action* verbs in the goal!

Attainable

- ▶ Goals must be something you are capable of reaching.

Which one would be a better goal for a student?

“I will raise 1 million dollars over the next ten years.”

“I will raise 1 million dollars by lunch time.”

Realistic

- ▶ The goal must be an objective toward which you are both **willing and able** to work.
- ▶ Again, it must be “do-able”
- ▶ People must believe it can be accomplished

Realistic

- ▶ Make goals that are important to you and your lifestyle.

Which goal is better for a student that has an 89% in math class?

- ▶ **“My goal is to get 100% in math class”**
- ▶ **“My goal is to maintain an A average in math class. ”**

Timely

- ▶ You should establish a timeframe
- ▶ The timeframe *must* be realistic
- ▶ If you don't establish a timeframe, when will you get it done?

Timely

- ▶ Make sure that you have a time set as a “dead line” so your goal is not unending.
- ▶ “My goal is to be able to run a half marathon.”
- ▶ **Not time bound**
- ▶ My goal is to run in a half marathon by May of 2018.
- ▶ **Time bound**

A-B Partner Teach:

- ▶ Stand up!
- ▶ With a shoulder partner, review what each letter of SMART goals stands for.
- ▶ Partner A will start with S and Partner B will continue and you will go back and forth.
- ▶ Do this again with Partner B starting.

Final Tips when writing goals


- ▶ Write down your goals and look at them often!
- ▶ If you achieved your goals too easily, make your next goals harder.
- ▶ Failure to meet goals only matters if you don't learn something from your mistakes. **“Fail Forward”**

Final Tips when writing goals

- ▶ **Goal setting is an important method of:**
 - ▶ **Deciding what's important for you to achieve.**
 - ▶ **Motivating yourself.**
 - ▶ **Building self-confidence.**

Practice

- ▶ My goal: do better in science
- ▶ S- I want to earn a B on the next test
- ▶ M- 80% or higher on the next test
- ▶ A-studying, going to tutoring
- ▶ R- my last two test scores were 79% and 80%
- ▶ T-February 26th
- ▶ Statement: I want to earn a B on my next Science test on February 26th by continuing to study and go to tutoring.

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- ▶ When finished with the Top10: BIG GOALS Please complete the following...
 - ▶ 1. Choose one of your long term goals and complete the appropriate steps to writing a SMART goal on the back.
 - ▶ 2. Turn it in to the bin when finished.
 - ▶ 3. Get a Window Pane activity (both sheets and add them to your notebook.
 - ▶ 4. Glue or paste them with the appropriate “curtain” over the window and decorate.

Bell Work:

- ▶ Put your Q.O.D. in the center of your group if you didn't turn it in yesterday.
- ▶ Take your Goal Sheet off the back wall.
- ▶ Glue it into your Journal section.
- ▶ Choose 1 goal and write it as SMART goal. Remember to write it as one complete SMART goal statement.

Window Goals: Time Frames!

- ▶ End of this year
- ▶ 5 years from now (17-19 years old)
- ▶ 10 years from now (22-24 years old)
- ▶ Fifty Years from now (62-64)

5 Keys to Goal Setting!



#1 Count the Cost: What do you have to give up in order to reach your goal? Are you willing to put in more time and effort? If you aren't sure, have you thought about the benefits?

#2 Write it Out: Consider the saying, "A goal not written is only a wish." Written goals carry much more power!

#3 Just Do It!: Get committed and take that first step. Say, "I will!" As Yoda says, "Do or do not. There is no try."

#4 Use Momentous Moments: Use special life moments to gain the power and momentum to start a new goal. (See list on p. 97)

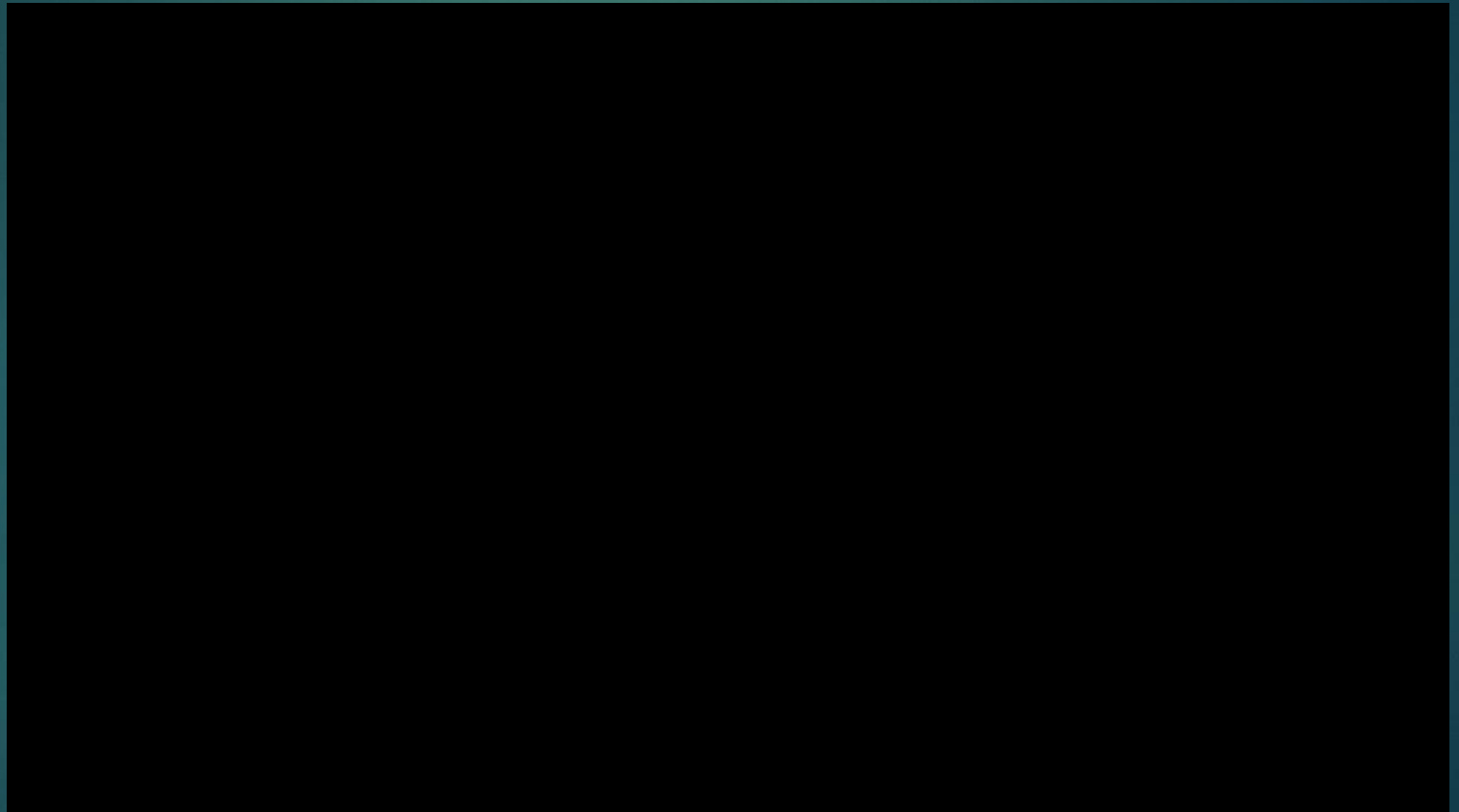
#5 Rope Up: Using the strength from others can help you accomplish more in life. (see story on p. 98)

Read poem on p. 102 by Douglas Malloch.

Mission Statement Project

- ▶ The Great Discovery
- ▶ Mission Statement Examples

Life is Short! Make your life
extraordinary!



Watch until 1:30.