

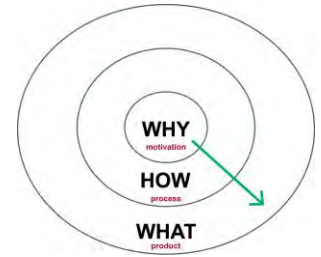
# GOOOOOOAAAALLSS!!!!!!



## SMART Goals

Specific  
Measurable  
Attainable  
Relevant  
Time-related

## Golden Circle



## An Action Plan

Resources who and what can assist you with your goals?  
Tasks specific tasks to help you reach your goal  
Obstacles what problems do you anticipate?  
Solutions when you hit an obstacle - have a plan!  
Walk the Walk make sure your behavior matches you goals

## Activities

Paper animal  
Pipe cleaner  
Kites  
Cookie  
Puzzle  
Tom Jackson:  
    Ball Toss  
    Copy Cat  
    Mind Power

## Assignments:

Collage  
Magazine cover  
Journal  
Letter to self  
Song Lyrics

## Media

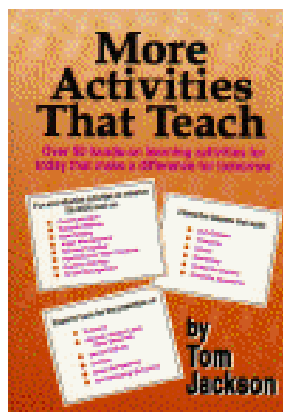
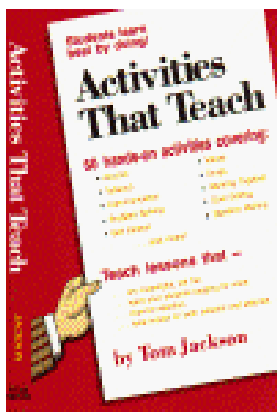
*Saving Private Ryan (Ch 12 - Radar Station)*  
*Horton Hatches an Egg* by Dr. Seuss

## Some Resources:

<i>Activities that Teach</i> Series by Tom Jackson	Amazon
<i>Setting Goals To Reach Your Potential</i>	<a href="http://www.channing-bete.com">www.channing-bete.com</a>
<i>Goal Setting for Students</i> by John Bishop	<a href="http://www.teachingmoments.com">www.teachingmoments.com</a>
Golden Circle essence by Simon Sinek	YouTube

## Goal Setting Lessons from Tom Jackson

<u>Activity</u>	<u>Book</u>	<u>page</u>	<u>Type</u>	<u>Time in min</u>
Auction Block	Activities That Teach	64	Classroom Activity	20
Circle Jungle With a Goal	Activities That Teach	110	Classroom Activity	20
Copy Cat	Activities That Teach	117	Classroom Activity	5
I'll Bet You Can't	Activities That Teach	144	Classroom Activity	15
Mind Power	Activities That Teach	164	Classroom Activity	10
People Lift	Activities That Teach	177	Classroom Demonstration	10
Vanishing Circle	Activities That Teach	221	Classroom Activity	15
Ball Toss	More Activities That Teach	98	Classroom Activity	20
Eyes On The Ball	More Activities That Teach	163	Classroom Activity	15
Lifeguard	More Activities That Teach	210	Classroom Activity	20
Rat Race	More Activities That Teach	243	Classroom Activity	30
The Sky's The Limit	More Activities That Teach	306	Classroom Activity	20
We Can Do That In . . .	More Activities That Teach	323	Classroom Activity	25
End of the Rainbow	Still More Activities. . .	84	Classroom Activity	20
Lucky Lady	Still More Activities. . .	135	Classroom Activity	10
Most or Moment?	Still More Activities. . .	159	Classroom Demonstration	10
My Turn?	Still More Activities. . .	169	Classroom Activity	10
Reach for the Stars	Still More Activities. . .	181	Classroom Activity	10



# My Goals

	Short Term	Long Term
Social		
Financial		
Cultural		
Educational		
Professional		
Physical		
Spiritual		
Intellectual		
Family		
Hobby		

# TEN STEPS TO GOAL GETTING by Zig Ziglar

These ten steps will help you achieve your goals!

1. Make the commitment to reach your goal. "One person with a commitment is worth a hundred who only have an interest." Mary Crowley.
2. Commit yourself to detailed accountability. Record your progress toward your goals every night, and list the six most important things you need to do the next day. Daily discipline is the key to reaching your goals.
3. Build your life on a solid foundation of honesty, character, integrity, trust, love, and loyalty. This foundation will give you an honest shot at reaching any goal you have set properly.
4. Break your intermediate and long-range goals into increments.
5. Be prepared to change. You can't control the weather, inflation, interest rates, Wall Street, etc. Change your decision to move toward a goal carefully--but be willing to change your direction to get there as conditions and circumstances demand.
6. Share your "give-up" goals (i.e., give up smoking, being rude, procrastinating, being late, eating too much, etc.) with many people. Chances are excellent they're going to encourage you.
7. Become a team player. Remember: You can have everything in life you want if you will just help enough other people get what they want.
8. See the reaching. In your imagination see yourself receiving that diploma, getting that job or promotion, making that speech, moving into the home of your dreams, achieving that weight-loss goal, etc.
9. Each time you reach a goal your confidence will grow so that you can do bigger and better things. After accomplishing any goal, record it in your journal, Weekly Planner or Palm Pilot.
10. Remember, what you get by reaching your destination isn't nearly as important as what you become by reaching your goals--what you will become is the winner you were born to be!