



6 FACTS ABOUT GOAL SETTING

These practical tips on goal setting can help make it easier to set and reach goals:

1. **Specific, realistic goals work best.** When it comes to making a change, the people who succeed are those who set realistic, specific goals. "I'm going to recycle all my plastic bottles, soda cans, and magazines" is a much more doable goal than "I'm going to do more for the environment." And that makes it easier to stick with.
2. **It takes time for a change to become an established habit.** It will probably take a couple of months before any changes — like getting up half an hour early to exercise — become a routine part of your life. That's because your brain needs time to get used to the idea that this new thing you're doing is part of your regular routine.
3. **Repeating a goal makes it stick.** Say your goal out loud each morning to remind yourself of what you want and what you're working for. (Writing it down works too.) Every time you remind yourself of your goal, you're training your brain to make it happen.
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5. **Pleasing other people doesn't work.** The key to making any change is to find the desire within yourself — you have to do it because you want it, not because a girlfriend, boyfriend, coach, parent, or someone else wants you to. It will be harder to stay on track and motivated if you're doing something out of obligation to another person.
6. **Roadblocks don't mean failure.** Slip-ups are actually part of the learning process as you retrain your brain into a new way of thinking. It may take a few tries to reach a goal. But that's OK — it's normal to mess up or give up a few times when trying to make a change. So remember that everyone slips up and don't beat yourself up about it. Just remind yourself to get back on track.

*By recording your dreams and goals on paper, you set in motion the process
of becoming the person you most want to be.
-Mark Victor Hansen*

SATURN'S RING (35 MINUTES)

Saturn's Ring is a team builder designed to get students to set a goal and then work together to achieve it. It is supposed to appear nearly impossible and without teamwork it is impossible. This activity requires the facilitators to utilize a lot of discipline by staying quiet once clear instructions have been given. The less the facilitator says during this type of initiative, the more the participants have to figure out on their own, enhancing their experience.

- 🕒 *Explain to students that today's activities will focus on Goal Setting. On one piece of paper, instruct each student to write down a goal that he or she has for him or herself.*
- 🕒 *Once everyone is finished ask each student to stand up and make a circle, standing toe to toe.*
- 🕒 *Each student will hold the rope and eventually set it down at their feet, forming a rope circle on the ground.*
- 🕒 *Have students lay down on their back, with their heels touching the rope.*
- 🕒 *Students crumple up their paper and set it on the floor, on "top of their head".*
- 🕒 *After everyone's goal is successfully placed on the floor, have students stand inside the circle.*
- 🕒 *Explain to them that they now CANNOT step outside of the circle, in fact they cannot even touch the floor outside of the circle or they will "lose the body part" that touches the floor.*
- 🕒 *Each student must use the others to retrieve his or her individual goal, without using any object (hat, pencil, lasso, etc.).*
- 🕒 *Once everyone has retrieved his or her own goal, ask students to sit down in a circle to process what they have just done.*

PROCESSING QUESTIONS:

- 🕒 What was challenging about that activity?
- 🕒 What were your initial impressions of the activity?
- 🕒 How were people able to be successful?
- 🕒 What happens if people were unwilling to use support of others?
- 🕒 Why did we do this activity?
- 🕒 How does this activity pertain to high school?
- 🕒 Who is willing to read his or her goal?
- 🕒 In order to achieve our goals sometimes we must rely on each other for support!
- 🕒 At first, it may seem impossible to reach our goals but with dedication and determination anything is possible!

HARVARD BUSINESS SCHOOL GOAL STORY (10 MINUTES)

- 🕒 In 1979 a group of Harvard Business School students were part of a study in which they were asked, "**Have you set clear, written goals for your future and made plans to accomplish them?**"
- 🕒 Only 3% of the graduates had written goals and plans; 13% had goals, but they were not in writing; and a whopping 84% had no specific goals at all.
- 🕒 Ten years later, the members of the class were interviewed again, and the findings, while somewhat predictable, were nonetheless astonishing.
- 🕒 **The 13% of the class who had goals were earning, on average, twice as much as the 84% who had no goals at all.**
- 🕒 The 3% who had clear, written goals were earning, on average, **ten times as much as the other 97% put together.**

PROCESS QUESTIONS:

- 🕒 *Why do you think this is so?*
- 🕒 *Who does it look like when you set goals?*
- 🕒 *When was the last time you set a goal and what was it?*

FOUR REASONS WHY PEOPLE DON'T SET GOALS:

1. **They don't realize about the importance of goals.** If the people with whom you spend the most time, family, friends, colleagues, and so forth are not clear and committed to goals, there is a chance that you will not be, either.
2. **They don't know how to set goals.** Some set goals that are too general. These are, in reality, fantasies common to everyone. Goals, on the other hand, are clear, written, specific, and measurable.
3. **They fear failure.** Failure hurts, but it is often necessary to experience failure in order to achieve the greatest success. Do not unconsciously sabotage yourself by not setting any goals in which you might fail.
4. **They fear rejection.** People are often afraid that if they are unsuccessful at achieving a goal, others will be critical of them. This is remedied by keeping your goals to yourself at the outset; let others see your results and achievements once you've accomplished your goals.

Talk, as a group, about each of these and figure out why students in your group don't set goals.

GOAL SETTING (15 MINUTES)

Often times the goals we set are unrealistic and therefore not attainable. Today we are going to work on setting goals that are SMARTT, (Specific, Measurable, Attainable, Realistic, Timetable, Teammates)!

As a large group, pass out the 6 envelopes and ask for students to read them out loud, in chronological order, one at a time. Remember, goals 3 and 4 are the same, having to do with repeating goals. It may take students a second or two to realize that it's a joke!

Get back into your small groups and ask the students to come up with at least one goal that pertains to school, and fill out the SMARTT Worksheet. After all students finish, go over them in your small groups.

*When it is obvious that the goals cannot be reached, don't adjust the goals,
adjust the action steps.
-Confucious*

UPCOMING EVENTS (3 MINUTES)

Go over upcoming school events for the next two weeks, using the upcoming events highlights sheet. This will clearly take some homework on your part. We will discuss weekly happenings during Ambassador time so keep your eyes and ears peeled! Don't allow yourself to lose credibility by showing up unprepared!

WRAP-UP & EVALUATION (2 MINUTES)

Give students an honest but constructive feedback. As you continue to build a relationship, the kids will respond more and more to your requests! Ask students what they enjoyed about today and remind them that the quarter is almost over! REMIND STUDENTS THAT ALL OF THEIR GRADES ARE A PERMANENT PART OF THEIR TRANSCRIPT and although they might not seem important now, they will be a crucial part of graduating and more importantly getting into college!!! TURN IN MISSING ASSIGNMENTS!

Congratulations! You have just facilitated your THIRD week! How has your facilitation style changed? What do you still need to work on? What advice will you share with groups who have not yet presented?





SMARTT Goal Worksheet

Magic happens when
we write stuff down!

Name: _____

Today's Date: _____ Target Date: _____ Start Date: _____

Date Achieved: _____

Goal: _____

Verify that your goal is SMARTT

Specific: *What exactly will you accomplish?*

Measurable: *How will you know when you have reached this goal?*

Achievable: *Is achieving this goal realistic with effort and commitment? Have you the resources to achieve this goal? If not, how will you get them?*

Relevant: *Why is this goal significant to your life?*

Timely: *When will this goal be achieved?*

Teammates: *Who specifically do you need on your team? Who will help you achieve your goal?*
