

# GOAL SETTING

## *morning work*

### JOURNAL FOR BIG KIDS

Of course you want your students to be successful. You give them all the support you can, but you also know that you can only do so much. Your students need to meet you half way.

The best way to do this is to encourage them to want more for themselves and their life so they take some ownership over their own goals and dreams.

Enter this ultimate guide to setting powerful goals and living your best life journal!

**SET POWERFUL GOALS AND LIVE YOUR BEST LIFE**

Next to each goal, write what reward, benefit or positive outcome / feeling you will achieve when you reach your goals. This will help you determine your "why" which will keep you motivated during the tougher times.

*The benefits*

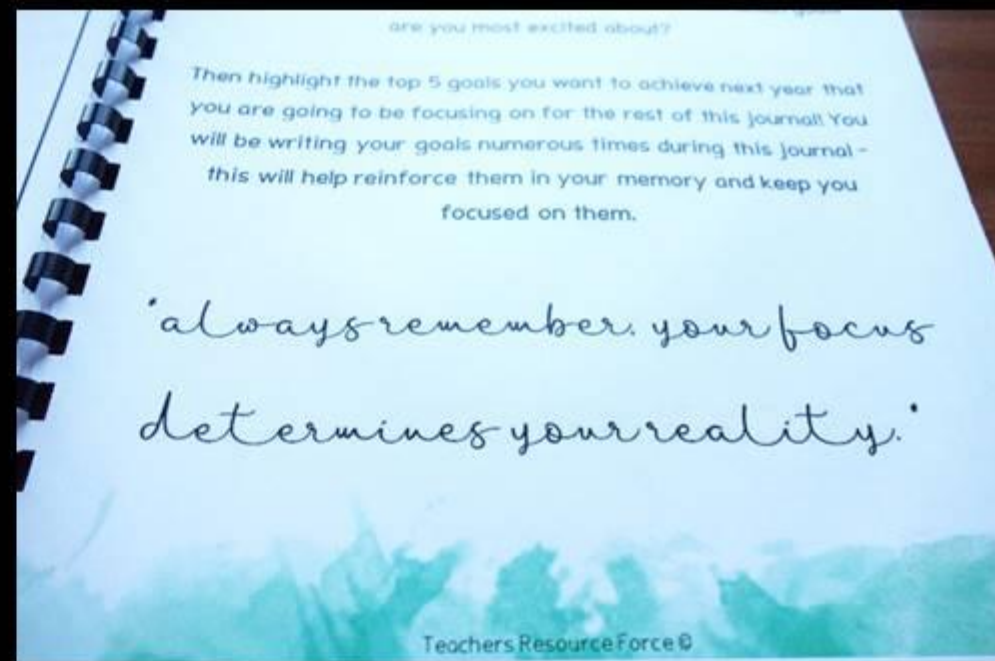
LIST YOUR TOP 5 GOALS AND EXPLAIN WHAT THE BENEFIT OF ACHIEVING THESE GOALS WOULD BE:

<i>goal</i>	<i>benefit</i>
1) _____	_____
_____	_____
_____	_____
_____	_____
_____	_____

# 21 page printable journal

## IDEAL FOR BIG KIDS AND TEENS

Start the journal with an inspiring quote coloring page to encourage your students to dream big and want the best for their lives.



Clear instructions and inspirational messages throughout the journal to encourage independence and motivation.

# 21 page printable journal

## SET POWERFUL GOALS AND LIVE YOUR BEST LIFE

SET POWERFUL GOALS AND LIVE YOUR BEST LIFE  
If you're struggling to think of some goals, there are a few different categories you can focus on that might help get you started.

⇌ school / work ⇌

⇌ read / map ⇌

WHAT KINDS OF GOALS DO YOU WANT TO BE ACHIEVING AT SCHOOL?  
\_\_\_\_\_  
\_\_\_\_\_

⇌ *read / map* ⇌

WHAT KINDS OF GOALS DO YOU WANT TO BE ACHIEVING AT HOME?  
\_\_\_\_\_  
\_\_\_\_\_

SET POWERFUL GOALS AND LIVE YOUR BEST LIFE  
If you're struggling to think of some goals, there are a few different categories you can focus on that might help get you started.

⇌ family ⇌

⇌ looking back ⇌

WHAT KINDS OF GOALS DO YOU WANT TO BE ACHIEVING WITH YOUR FAMILY?  
\_\_\_\_\_  
\_\_\_\_\_

⇌ *family* ⇌

WHAT KINDS OF GOALS DO YOU WANT TO BE ACHIEVING WITH YOURSELF?  
\_\_\_\_\_  
\_\_\_\_\_

SET POWERFUL GOALS AND LIVE YOUR BEST LIFE  
If you're struggling to think of some goals, there are a few different categories you can focus on that might help get you started.

⇌ financial ⇌

⇌ looking back ⇌

WHAT KINDS OF GOALS DO YOU WANT TO BE ACHIEVING FINANCIALLY?  
\_\_\_\_\_  
\_\_\_\_\_

⇌ *financial* ⇌

WHAT KINDS OF GOALS DO YOU WANT TO BE ACHIEVING IN THE PAST?  
\_\_\_\_\_  
\_\_\_\_\_

SET POWERFUL GOALS AND LIVE YOUR BEST LIFE  
If you're struggling to think of some goals, there are a few different categories you can focus on that might help get you started.

⇌ mind / intellect ⇌

⇌ looking back ⇌

WHAT KINDS OF GOALS DO YOU WANT TO BE ACHIEVING MENTALLY?  
\_\_\_\_\_  
\_\_\_\_\_

⇌ *mind / intellect* ⇌

WHAT KINDS OF GOALS DO YOU WANT TO BE ACHIEVING IN THE PAST?  
\_\_\_\_\_  
\_\_\_\_\_

SET POWERFUL GOALS AND LIVE YOUR BEST LIFE  
If you're struggling to think of some goals, there are a few different categories you can focus on that might help get you started.

⇌ personal / social ⇌

⇌ looking back ⇌

WHAT KINDS OF GOALS DO YOU WANT TO BE ACHIEVING PERSONALLY?  
\_\_\_\_\_  
\_\_\_\_\_

⇌ *personal / social* ⇌

WHAT KINDS OF GOALS DO YOU WANT TO BE ACHIEVING WITH OTHERS?  
\_\_\_\_\_  
\_\_\_\_\_

SET POWERFUL GOALS AND LIVE YOUR BEST LIFE  
If you're struggling to think of some goals, there are a few different categories you can focus on that might help get you started.

⇌ spiritual ⇌

⇌ looking back ⇌

WHAT KINDS OF GOALS DO YOU WANT TO BE ACHIEVING SPIRITUALLY?  
\_\_\_\_\_  
\_\_\_\_\_

⇌ *spiritual* ⇌

WHAT KINDS OF GOALS DO YOU WANT TO BE ACHIEVING WITH YOURSELF?  
\_\_\_\_\_  
\_\_\_\_\_

SET POWERFUL GOALS AND LIVE YOUR BEST LIFE  
If you're struggling to think of some goals, there are a few different categories you can focus on that might help get you started.

⇌ list your goals ⇌

⇌ looking back ⇌

WHAT KINDS OF GOALS DO YOU WANT TO BE ACHIEVING IN YOUR LIFE?  
\_\_\_\_\_  
\_\_\_\_\_

⇌ *list your goals* ⇌

WHAT KINDS OF GOALS DO YOU WANT TO BE ACHIEVING WITH YOURSELF?  
\_\_\_\_\_  
\_\_\_\_\_

SET POWERFUL GOALS AND LIVE YOUR BEST LIFE  
If you're struggling to think of some goals, there are a few different categories you can focus on that might help get you started.

⇌ health ⇌

⇌ looking back ⇌

WHAT KINDS OF GOALS DO YOU WANT TO BE ACHIEVING HEALTHWISE?  
\_\_\_\_\_  
\_\_\_\_\_

⇌ *health* ⇌

WHAT KINDS OF GOALS DO YOU WANT TO BE ACHIEVING WITH YOURSELF?  
\_\_\_\_\_  
\_\_\_\_\_

SET POWERFUL GOALS AND LIVE YOUR BEST LIFE  
If you're struggling to think of some goals, there are a few different categories you can focus on that might help get you started.

⇌ health ⇌

⇌ looking back ⇌

WHAT KINDS OF GOALS DO YOU WANT TO BE ACHIEVING HEALTHWISE?  
\_\_\_\_\_  
\_\_\_\_\_

⇌ *health* ⇌

WHAT KINDS OF GOALS DO YOU WANT TO BE ACHIEVING WITH YOURSELF?  
\_\_\_\_\_  
\_\_\_\_\_

SET POWERFUL GOALS AND LIVE YOUR BEST LIFE

You can include a mixture of small and big goals, but don't settle for "easy" goals. You should aim to be the best person you can be. Extraordinary results only come from aiming high, stepping out of your comfort zone. However, it's important to do require more effort. The

⇌ *list your goals* ⇌

LIST ALL THE GOALS YOU WOULD LIKE TO ACHIEVE SOME DAY IN THE SPACE BELOW.

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10)

⇌ *vision board* ⇌

PASTE A RANGE OF PICTURES OF ALL THE GOALS YOU WANT TO REACH TO HELP YOU VISUALIZE YOUR DREAMS.

SET POWERFUL GOALS AND LIVE YOUR BEST LIFE  
After brainstorming the goals you want to achieve, make a compiled list of them all in the space provided below. Fill in as many as you need, then highlight the top 5 goals you want to achieve next year.

⇌ *list your goals* ⇌

LIST ALL THE GOALS YOU WOULD LIKE TO ACHIEVE SOME DAY IN THE SPACE BELOW.

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10)

SET POWERFUL GOALS AND LIVE YOUR BEST LIFE  
Visualization is a powerful tool in helping you reach your goals. In the space below, find a range of pictures and create a vision board of what you want your life to look like once you reach them.

⇌ *vision board* ⇌

PASTE A RANGE OF PICTURES OF ALL THE GOALS YOU WANT TO REACH TO HELP YOU VISUALIZE YOUR DREAMS.

SET POWERFUL GOALS AND LIVE YOUR BEST LIFE  
After brainstorming the goals you want to achieve and creating a vision board for your future, you're ready to start making progress towards making your dreams come true. You won't be able to work on all of these goals in one year, so you are going to spend some time thinking of the most important goals to reflect on which goals are possible to achieve in one year? Which goals are going to make a big difference to your life? Which are you most excited about?

Then highlight the top 5 goals you want to achieve next year you are going to be focusing on for the rest of this journal. This will help you write your goals numerous times during this journal. This will help reinforce them in your memory and keep you motivated.

⇌ *The benefits* ⇌

LIST YOUR TOP 5 GOALS AND EXPLAIN WHY THE BENEFIT OF ACHIEVING THESE GOALS WOULD BE:

Goal	Benefit
1)	
2)	
3)	
4)	
5)	

SET POWERFUL GOALS AND LIVE YOUR BEST LIFE  
Now you are going to reflect on what challenges your quest to achieve your goals, for example resources, money, skills, support etc. This will help you identify what obstacles you may face.

⇌ *the obstacles* ⇌

LIST YOUR TOP 5 GOALS AND EXPLAIN WHAT OBSTACLES YOU MAY FACE:

Goal	Obstacles
1)	
2)	
3)	
4)	
5)	

SET POWERFUL GOALS AND LIVE YOUR BEST LIFE  
Next to each goal, make a list of what you need to be successful in achieving the goal. For example, a study schedule, special kit or equipment, special information etc.

⇌ *what you need* ⇌

LIST YOUR TOP 5 GOALS AND EXPLAIN WHAT RESOURCES YOU WILL NEED TO REACH THEM:

Goal	What you need
1)	
2)	
3)	
4)	
5)	

SET POWERFUL GOALS AND LIVE YOUR BEST LIFE  
Who can help you achieve your goal? You don't have to do it alone. There are plenty of people who would love to help you! Make a list of people who can help you be successful.

⇌ *who you need* ⇌

LIST YOUR TOP 5 GOALS AND EXPLAIN WHO CAN HELP YOU ACHIEVE THEM:

Goal	Who you need
1)	
2)	
3)	
4)	
5)	

SET POWERFUL GOALS AND LIVE YOUR BEST LIFE  
Write a set of actionable steps or tasks that you'll need to complete in order to reach your goal as well as how you'll achieve it. Your plan has to be specific and actionable.

⇌ *plan of action* ⇌

LIST YOUR TOP 5 GOALS AND WRITE A SET OF ACTIONABLE STEPS TO HELP YOU ACHIEVE THEM:

Goal	Plan of action
1)	a) b) c) d) e)
2)	a) b) c) d) e)
3)	a) b) c) d) e)
4)	a) b) c) d) e)
5)	a) b) c) d) e)

SET POWERFUL GOALS AND LIVE YOUR BEST LIFE  
Set a deadline based on your plan of action, list of obstacles and knowledge you need to gain. This means you may need to give yourself more time to complete certain goals than others, but set a firm deadline to give yourself a date to work towards.

⇌ *deadlines* ⇌

SET A DEADLINE FOR WHEN YOU WOULD LIKE TO REACH YOUR GOALS THIS YEAR.

Goal	Deadline
1)	
2)	
3)	
4)	
5)	

SET POWERFUL GOALS AND LIVE YOUR BEST LIFE  
Now you are going to reflect on what challenges your quest to achieve your goals, for example resources, money, skills, support etc. This will help you identify what obstacles you may face.

⇌ *the obstacles* ⇌

LIST YOUR TOP 5 GOALS AND EXPLAIN WHAT OBSTACLES YOU MAY FACE:

Goal	Obstacles
1)	
2)	
3)	
4)	
5)	

SET POWERFUL GOALS AND LIVE YOUR BEST LIFE  
Next to each goal, make a list of what you need to be successful in achieving the goal. For example, a study schedule, special kit or equipment, special information etc.

⇌ *what you need* ⇌

LIST YOUR TOP 5 GOALS AND EXPLAIN WHAT RESOURCES YOU WILL NEED TO REACH THEM:

Goal	What you need
1)	
2)	
3)	
4)	
5)	

SET POWERFUL GOALS AND LIVE YOUR BEST LIFE  
Who can help you achieve your goal? You don't have to do it alone. There are plenty of people who would love to help you! Make a list of people who can help you be successful.

⇌ *who you need* ⇌

LIST YOUR TOP 5 GOALS AND EXPLAIN WHO CAN HELP YOU ACHIEVE THEM:

Goal	Who you need
1)	
2)	
3)	
4)	
5)	

SET POWERFUL GOALS AND LIVE YOUR BEST LIFE  
Write a set of actionable steps or tasks that you'll need to complete in order to reach your goal as well as how you'll achieve it. Your plan has to be specific and actionable.

⇌ *plan of action* ⇌

LIST YOUR TOP 5 GOALS AND WRITE A SET OF ACTIONABLE STEPS TO HELP YOU ACHIEVE THEM:

Goal	Plan of action
1)	a) b) c) d) e)
2)	a) b) c) d) e)
3)	a) b) c) d) e)
4)	a) b) c) d) e)
5)	a) b) c) d) e)

SET POWERFUL GOALS AND LIVE YOUR BEST LIFE  
In order to keep you focused on achieving your goals, you should be reviewing them on a regular basis. Use this sheet as often as you need (weekly, monthly etc.) to review your progress. You might find you need to adapt your goals as time goes on or review the deadline dates.

⇌ *reflect & review* ⇌

REVIEW YOUR PROGRESS ON EACH OF YOUR GOALS AT REGULAR INTERVALS THROUGHOUT THE YEAR.

Goal	Reflect & Review
1)	
2)	
3)	
4)	
5)	

REVIEW SHEET - MONITOR YOUR PROGRESS FOR EACH YEAR BEGINNING:

	January	February	March	April
1)				
2)				
3)				
4)				
5)				

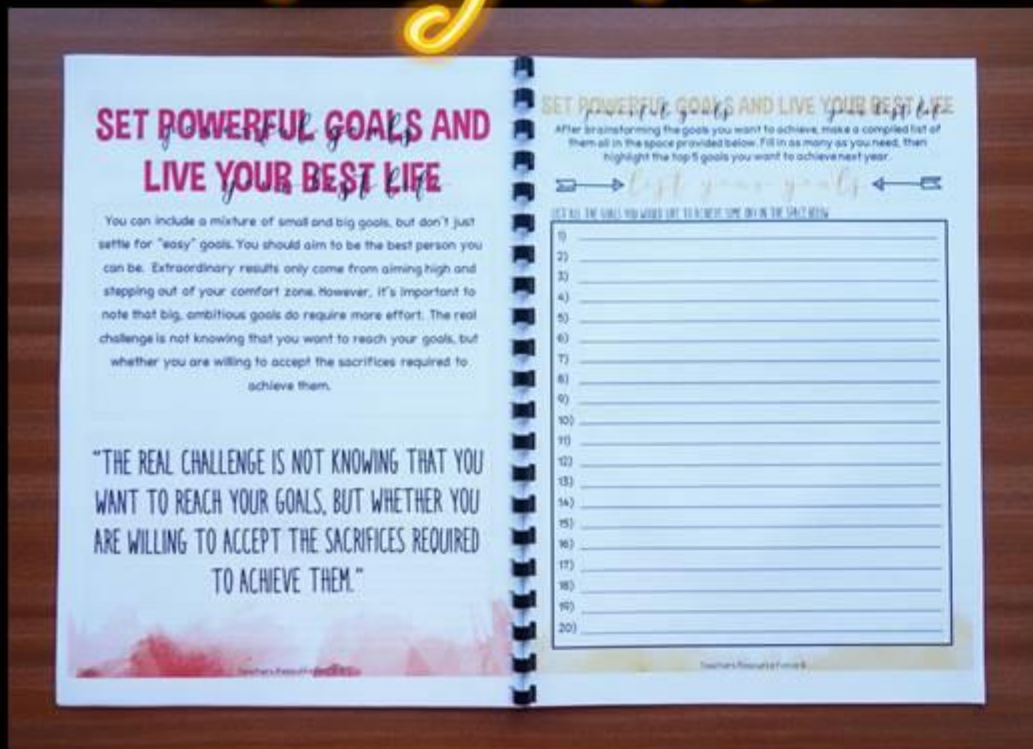
REVIEW SHEET - MONITOR YOUR PROGRESS FOR EACH YEAR BEGINNING:

	May	June	July	August
1)				
2)				
3)				
4)				
5)				

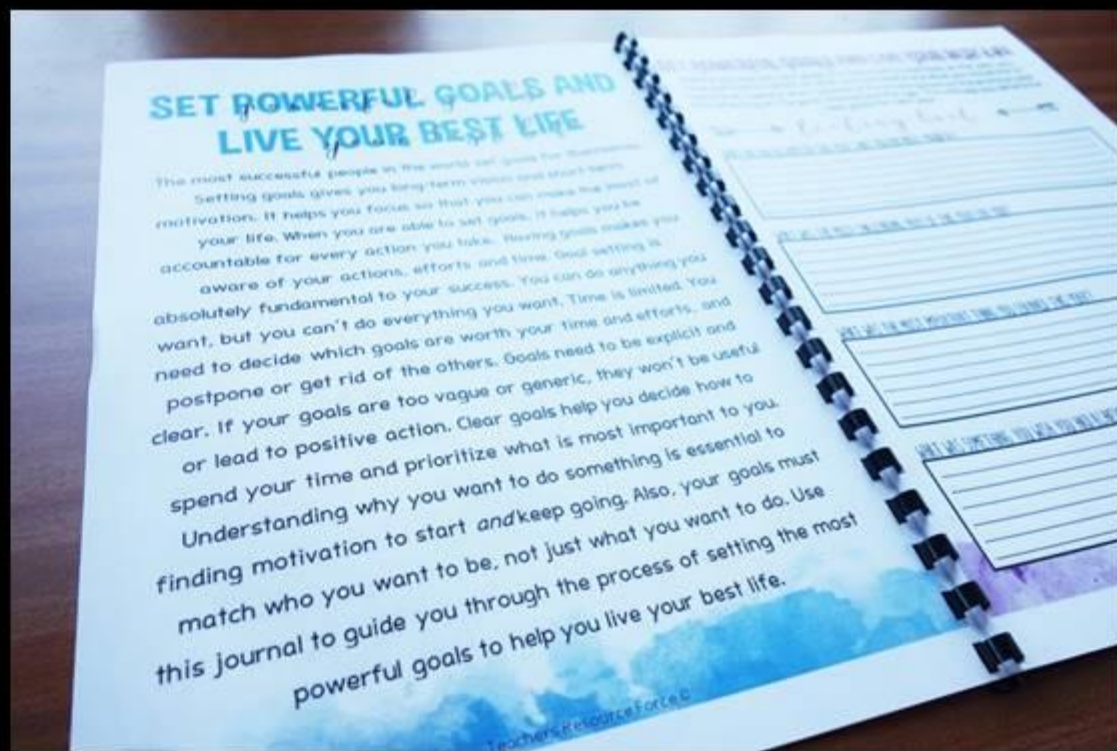
REVIEW SHEET - MONITOR YOUR PROGRESS FOR EACH YEAR BEGINNING:

	September	October	November	December
1)				
2)				
3)				
4)				
5)				

# 21 page printable journal



You can print all or a selection of pages from the 21 page journal and bind or staple them together. It can be used at the start of a new school year, calendar year or regularly during your morning meetings to reflect on their progress.



By encouraging and teaching your students how to set effective goals, you will find they will start caring more about their future, focus more in lessons, become more conscientious and start living their best lives.

# 42 slide PowerPoint

## NO PRIOR KNOWLEDGE REQUIRED!

### HOW YOU SHOULD set goals

#### STEP 7: SET A DEADLINE

The great thing about setting goals is there is a deadline.

Set a deadline based on your efforts and time.

### WHY SHOULD WE set goals

When you are able to set goals, it helps you be accountable for every action you take.

Having goals makes you aware of your efforts and time.

### WHY SHOULD YOU set goals

Understanding why you want to do something is essential to finding motivation to start and keep going.

### WHY SHOULD YOU set goals

Example: discuss why you think people often want to get good grades in school.

So they can buy what they want? Why is that?

### WHY SHOULD YOU set goals

So really, when people set goals of wanting lots of money, their goal is actually "they want to be rich" and they believe money is a means to get there.

### HOW YOU SHOULD set goals

It's OK if they change as time goes on, it's a normal part of the process.

### THE BEST WAY TO set goals

You can do anything you want, but you can't do everything you want.

Time is limited.

### WHY SHOULD YOU set goals

So actually, when people set goals of wanting good grades in school, their "why" could be "they want to have a job doing what they love" and they believe good grades will help them get there.

### HOW YOU SHOULD set goals

#### LOOKING BACK

Before you can set new goals, it's important to look back at the year you have just finished.

### HOW YOU SHOULD set goals

Spend a short amount of time looking back on the previous year and reflecting on the good, the bad and the ugly.

This will help you determine new goals for next year.

### WHY SHOULD YOU set goals

Example: discuss why you think people often want to get good grades in school.

So they can get a successful job in the future doing what they love? Why is that often a goal?

### HOW YOU SHOULD set goals

- What did you accomplish this year that you are most proud of?
- What was the most challenging part of this year for you?
- What was the most important thing you learned this year?

### HOW YOU SHOULD set goals

#### STEP 1: LIST YOUR GOALS

Make a list of all the goals you might like to achieve some day.

### HOW YOU SHOULD set goals

Don't worry about how you'll accomplish these goals, or what others might think.

Don't limit yourself by your past.

### HOW YOU SHOULD set goals

- School / Work
- Personal and Social
- Family
- Spiritual
- Money
- Mind / Intellect
- Health

### HOW YOU SHOULD set goals

#### SCHOOL / WORK

- What grades do you want to be achieving at school?
- What are the next steps you want to take after school?
- What career do you want to have?

### HOW YOU SHOULD set goals

#### PERSONAL AND SOCIAL

- Who do you want to spend more time with?
- What do you want to do more of in your personal time?
- What kind of friendships do you want to have?

### HOW YOU SHOULD set goals

#### FAMILY

- Who do you want to spend more time with in your family?
- What do you want to do more of with your family?
- What kind of relationships do you want to have with your family?

### HOW YOU SHOULD set goals

If you're struggling to think of some goals, there are a few different categories you can focus on that might help get you started.

Let's go through them now:

# 42 slide PowerPoint

## DETAILED GUIDE WITH DISCUSSIONS

**HOW YOU SHOULD set goals**

### FINANCIAL

- What kind of income would you like to have?
- How can you budget and save money?

**HOW YOU SHOULD set goals**

### HEALTH

- What can you change to make your lifestyle healthier?
- How can you stay more physically fit?

**HOW YOU SHOULD set goals**

### MIND / INTELLECT

What books do you want to read?

**HOW YOU SHOULD set goals**

### VISION BOARD

Visualization is a powerful tool in helping you reach your goals. Find a range of pictures and create a vision board of what you want.

**HOW YOU SHOULD set goals**

However, it's important to note that big, ambitious goals do require more effort.

The real challenge is not knowing that you want to reach your goals, but whether you are willing to search the sacrifices required to reach them.

**HOW YOU SHOULD set goals**

### SPIRITUAL

- How can you improve your studies and practice of spirituality?

**HOW YOU SHOULD set goals**

You can include a mixture of small and big goals, but don't just settle for "easy" goals. You should aim to be the best person you can be.

**HOW YOU SHOULD set goals**

### STEP 2: THE BENEFITS

Next to each goal, write what reward, benefit or positive outcome / feeling you will achieve when you reach your goals.

This will help you determine your "why" which will keep you motivated during the tougher times.

**HOW YOU SHOULD set goals**

### NARROWING DOWN

Make a list you can always refer to in the future if you need more inspiration.

You're going to narrow down your top 5 goals that you want to achieve this year.

**HOW YOU SHOULD set goals**

### STEP 6: PLAN OF ACTION

Write a set of actionable steps or tasks that you'll need to complete in order to reach your goal as well as how you'll achieve it.

Your plan has to be specific and

**HOW YOU SHOULD set goals**

### STEP 5: WHO YOU NEED

Who can help you achieve your goal? You don't have to do it alone, there are plenty of people who would love to help you!

Make a list of people who can help you be successful.

**HOW YOU SHOULD set goals**

### STEP 4: WHAT YOU NEED

Next to each goal, make a list of what you need to be successful in achieving the goal.

For example: a study schedule,

**HOW YOU SHOULD set goals**

What's the difference between these 2 plans of action and which is more effective and why?

- 1) Study more
- 2) Set up a study schedule and review my learning for an hour after school each day.

**HOW YOU SHOULD set goals**

This means you may need to give yourself more time to complete certain goals than others, but set a firm deadline to give yourself a date to work towards.

Be sure to display this deadline somewhere you are going to see it regularly.

**HOW YOU SHOULD set goals**

### REFLECT AND REVISIT

Hooray, you've set your goals and you know what you're working towards.

But that's not the end!

**WHY SHOULD WE set goals?**

The most successful people in the world set goals for themselves.

Setting goals gives you long-term vision and short-term motivation.

It helps you focus so that you can make the most of your life.

**HOW YOU SHOULD set goals**

In order to keep you focused on achieving your goals, you should review them on a regular basis (for example daily, weekly, monthly or quarterly).

You might find you need to adjust your goals as time goes on. Review the deadline dates.

**HOW YOU SHOULD set goals**

### THE OBSTACLES

When you're going to reflect on your goals, you might come up with obstacles that might prevent you from achieving your goal. For example: not having enough time, resources, money, support etc. This will help you be more prepared!