Reach for the Stars

Goal setting is a very important part of life. We set goals at all ages, from 2 to 102. Babies set goals by wanting to get from one place to another which helps them learn to walk. But they don’t just get up and start walking. There are (literally) steps along the way. First, they determine where to go, then they determine how to get upright, then they put one foot in front of the other, and while they may fall many times along the way, they keep getting back up. Eventually they get the right path, rhythm and balance, and they are justly rewarded by reaching their goal. Of course you girls are well beyond that, but it’s important to remember that you are a goal setter. This lesson will focus on setting goals and achieving them step by step.

Some goals are short term and some are long term. Either will work for this activity. Perhaps you have a math test next week that you want to do really well on. That goal will be achieved within the week. Perhaps you want to earn a spot on next year’s softball team. That goal will be achieved in the future. We often have multiple goals going at the same time, and that is a good thing. For this activity, choose one goal to focus on and we will ensure you have the steps to achieve it.

Let’s talk about SMART goals. Is your goal a SMART goal? SMART goals are defined as Specific, Measurable, Attainable, Relevant, and Timely. Be sure you understand each, and that your goals fit into these groups. For instance, if your goal is to do something nice, that is a little broad. A more specific goal would to say “I want to do something nice for my teacher and I am going to bring her a small gift or note each day for a month.” Discuss goal ideas amongst your friends and see what ideas everyone can come up with. You can share goals with a friend or you can do something individually.

Check out the attached “GOALS” page and get ready to Reach for the Stars!

Optional activity:
This is unrelated to the Goals activity, but I came across this and absolutely had to share. I didn’t make this and can take no credit, but I think it’s adorable and younger girls would love it.
http://artfulparent.com/2015/01/happy-handmade-unicorn-craft.html
My goal is _____________________________________________________.

I want to achieve this goal because ________________________________.

This is a SMART goal. Here are ways that it is SMART:

Specific _______________________________________________________.

Measurable ____________________________________________________.

Attainable _____________________________________________________.

Relevant ______________________________________________________.

Timely ________________________________________________________.

Here are some steps I am going to take to achieve my goal:

1. ___________________________________________________________________.

2. ___________________________________________________________________.

3. ___________________________________________________________________.

4. ___________________________________________________________________.

5. ___________________________________________________________________.

Here is a picture of me achieving my goal: