



# Never Lose Sight of Your Goal

## **Spirit of Adventure:**

Being excited to try new things, even if you don't know if you'll excel. Spirit of Adventure is about setting and achieving goals. This activity encourages students to choose goals that are important to them and work toward achieving their goals.

## **Objective:**

Students will identify a meaningful goal and create a visual representation of their goal.

## **Materials:**

Note cards, pens and pencils; devices; photo-editing apps.

## **Steps:**

- Warm-up discussion: What has been your experience with goal setting? What is a goal you have recently achieved? How did you stay focused on your goal?
- Discuss some of your own personal or professional goals. Share some strategies on how not to lose sight of your goals.
- Students should set one measurable, realistic, and meaningful goal that they can achieve in the next two weeks to a month.
- Students should create a visual representation of their goal. As a challenge, have students keep this visual representation in their "sight." For example, have students write and draw their goal on a note card and have them fold it up and tie their shoelaces over the top. Students could create a new phone background representing their goal. Students can create an accessory to wear.

### Personal Reflection:

- Explain your goal and visualization of your goal. Identify three steps that you need to take to achieve your goal.
- Identify someone who can help you achieve the goal.
- How will you evaluate your success in reaching this goal? In this activity, you identified a short-term goal. What is your long-term goal?

### Group Reflection:

- In small groups, students should present their visual representations of their goals. Have them discuss why it is important to never lose sight of their goals.
- Invite students to discuss if they have ever revised and changed their goals. Why is this important?

### Extended Learning:

Ask students to create a multimedia presentation about the challenges they have conquered since they have started school. For example, maybe in first grade they had a challenging time learning to read or making friends. Next, students should think about what challenges they might face in high school. What themes do they see in all their challenges? What type of support do they think they will need to tackle future challenges?

Notes:

---

---

---

---

---

---

---

---

---

---