



Susan Allen

Goal Setting

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We help you connect to other people, learn about yourself and develop honest and mutually fulfilling relationships.



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The purpose of this exercise is to encourage you to realise the value of thinking ahead. Habitually setting goals helps us to be proactive in our lives rather than drifting and letting things happen to us.

You will need: A sheet of A4 paper and pens/pencils

1. Discuss as a group the purpose of setting goals. Why bother? (see above).

What kind of targets might help you? In pairs, think of some goals. If you are stuck, here are a few ideas:

Get my homework in on time	Make more friends
Read a good book	Do something for a charity
Become a plumber	Brush my teeth every day
Take more exercise	Help around the house
Find out what I need to do to become a film producer/dentist/gardener	Stop arguing with my dad
	Find a job

Briefly discuss these as a class.

2. On a piece of A4 paper, carefully draw around your hand leaving a clear outline. Choose 5 targets of your own which you think will be most helpful to you and write one on each finger and thumb.

Write your name on the palm of your outline. Colour or decorate if you have time.

The completed hands will make a good display or can be revisited to review and reset targets at a later date.

