

NAME: _____

DATE: _____

Activity: Goal Setting Exercise

Objective: To help students understand the process and importance of setting goals by creating their own short-term and long-term goals.

Instructions:

- 1. Identify Goals:**
 - Think of one short-term goal you want to achieve within the next month.
 - Think of one long-term goal you want to achieve within the next year.
- 2. Write Down Your Goals:**
 - Write your short-term goal and long-term goal on a piece of paper. Be specific about what you want to achieve.
- 3. Plan Your Goals:**
 - For each goal, answer the following questions:
 - Why is this goal important to you?
 - How will you achieve this goal? List the steps you will take.
 - What challenges might you face, and how will you overcome them?
 - What is the deadline for achieving this goal?
- 4. Reflect on Self-Efficacy and Mindset:**
 - Reflect on your belief in your ability to achieve these goals. Do you have high self-efficacy? Why or why not?
 - Consider your mindset towards achieving these goals. Do you have a fixed mindset or a growth mindset? How can you shift towards a growth mindset if needed?
- 5. Share and Discuss:**
 - Pair up with a classmate and share your goals and plans. Provide each other with feedback and encouragement.

Upload the Results to this Link:

<https://drive.google.com/drive/folders/1VOqixXOPfDcvdehnOtJnQuliLtSPs8O?usp=sharing>