

Standard Five – Lesson One: Goal-Setting

Time: 30-minute class period

Materials:

Scripture Resource Guide

Goal-Setting Sheet

Objectives:

Students will be able to distinguish between a goal and a wish.

Students will be able to write a measurable, attainable goal and write steps to achieving that goal.

Introductory Activity

Ask students to define a wish and how it is different from a goal. Tell them that they will be learning about setting goals and write a one-month goal for themselves in this session.

Activities

Talk about goals and how they direct our lives. Ask students to share with the class if they have set goals for their class (a good mark on a test or assignment). Ask if they made a goal they could measure (be sure they had met it) and achieve (it was realistic). Talk about what it means to make goals measurable and attainable (something over which they have direct control).

Have students read Ephesians 4:1-2, 1 Peter 1:13 and Psalm 15:1, 2 before making their goal, and talk to a partner about how these passages help to make a goal for themselves.

Hand out Goal-Setting Sheets and have students work on their goal and at least 3 steps toward achieving that goal.

To help students think about their steps, read I Corinthians 9:24, 25 and talk about what steps someone would take to be a great runner (good food and rest, exercising and running to get into shape). Remind them that they must be able to reach the goal in one month.

Have students share their goal with another student and have the two check each other's goal to be sure it is measurable, attainable and realistic in a one-month time period (something they can make happen).

Personal Goal Worksheet

Name: _____ Date: _____

Keys to goal setting:

Make goals that will help you be the best you can be

Challenge yourself – aim high

Think positively – choose your attitude

Learn from adults you trust

Keep focused on the goal, take a step in that direction each day

Think about your progress every day

My goal for this _____ is:
(length of time)

Steps to achieving my goal:

Things that could keep me from meeting my goal:

How I will make sure I meet my goal:

Therefore, prepare your minds for action, be self-controlled, set your hope fully on the grace to be given you when Jesus Christ is revealed. **1 Peter 1:13**

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