

Welcome to Setting Goals and Dreams for a Bright Future!

This workbook is designed to help you explore your goals and dreams, and create a plan to achieve them. Over the next few pages, you will find interactive activities, quizzes, and questions to help you reflect on your aspirations and develop a growth mindset.

Introduction to Goal-Setting

What are your goals and dreams? Take a few minutes to think about what you want to achieve in your life. Write down your thoughts and ideas in the space below.

Understanding SMART Goals

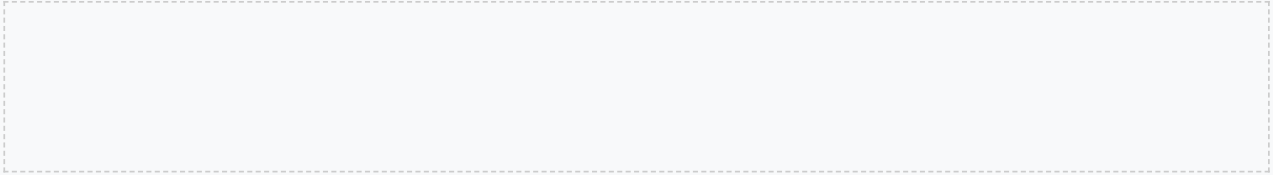
What does SMART stand for?

1. A) Specific, Measurable, Achievable, Relevant, Time-bound
2. B) Simple, Manageable, Achievable, Realistic, Timely
3. C) Smart, Motivated, Ambitious, Resilient, Tenacious
4. D) Successful, Motivated, Ambitious, Resourceful, Talented

Answer: A) Specific, Measurable, Achievable, Relevant, Time-bound

Creating a Vision Board

Cut out images and words from magazines that represent your goals and dreams. Glue them onto a piece of cardboard or paper to create a vision board. Write a short paragraph explaining what your vision board represents.

A large rectangular dashed box intended for students to create their vision board by gluing images and words from magazines. The box is empty and occupies the lower half of the page.

Reflecting on Your Strengths and Weaknesses

What are your strengths and weaknesses? Take a few minutes to reflect on your skills and abilities. Write down your thoughts and ideas in the space below.

Setting Short-Term and Long-Term Goals

What are your short-term and long-term goals? Write down your goals in the space below.

Short-term goals (things you want to achieve in the next few months):

Long-term goals (things you want to achieve in the next few years):

Overcoming Obstacles

What obstacles might you face as you work towards your goals? Write down your thoughts and ideas in the space below.

Developing a Growth Mindset

What does it mean to have a growth mindset? Write down your thoughts and ideas in the space below.

Celebrating Successes

What are some things you have achieved in the past that you are proud of? Write down your thoughts and ideas in the space below.

Creating a Goal-Setting Plan

Create a plan to achieve one of your short-term goals. Write down the steps you will take to achieve your goal, and the resources you will need.

Conclusion

Congratulations! You have completed the Setting Goals and Dreams for a Bright Future workbook. Remember to review your goals and dreams regularly, and make adjustments as needed. Keep working towards your aspirations, and don't be afraid to ask for help along the way.