



## Introduction (10 minutes)

Welcome to this exciting journey of designing a future timeline and setting goals beyond age 12! In this activity, you will create a personalized timeline of your life, from infancy to your desired future, and set achievable goals and milestones.

This activity is designed to help you develop essential life skills such as planning, self-reflection, and decision-making. You will have the opportunity to reflect on your past, present, and future, and set goals that will help you achieve your dreams.

## Section 1: My Life Journey (20 minutes)

Imagine yourself as a baby. What do you think your life was like? Draw a picture or write a short paragraph about your life as a baby.

Now, think about your current life as a 12-year-old. What are your favorite things to do? What are your strengths and weaknesses? Write a short paragraph about your life now.

Finally, imagine yourself in the future. What do you want to be when you grow up? What kind of person do you want to become? Draw a picture or write a short paragraph about your future self.

## Section 2: Creating My Timeline (25 minutes)

Using the information from Section 1, create a timeline of your life from infancy to your desired future. Include important events, milestones, and goals.

### Timeline Template:

Age	Event/Milestone	Goal

## Section 3: Setting SMART Goals (20 minutes)

What are some specific, measurable, achievable, relevant, and time-bound (SMART) goals you want to set for yourself? Write down at least three short-term and three long-term goals.

Use the following prompts to help you set your SMART goals:

- What do I want to achieve in the next month?
- What do I want to achieve in the next year?
- What do I want to achieve in the next five years?

#### Section 4: Reflection and Self-Assessment (15 minutes)

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*Reflect on your timeline and goals. What do you think are your strengths and weaknesses?*

*What do you think you need to work on to achieve your goals?*

*Write a short paragraph about what you learned about yourself and your goals.*

#### Section 5: Sharing My Timeline (10 minutes)

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*Share your timeline with a partner or in a small group.*

*Ask for feedback and suggestions on how you can achieve your goals.*

*Listen to others' feedback and suggestions, and think about how you can apply them to your own life.*

## Section 6: Overcoming Obstacles (20 minutes)

What are some potential obstacles that might get in the way of achieving your goals?

How can you overcome these obstacles? Write down at least three strategies for overcoming obstacles.

Use the following prompts to help you think about overcoming obstacles:

- What are some common obstacles that people face when trying to achieve their goals?
- How can you stay motivated and focused on your goals when faced with obstacles?
- What are some resources or support systems that you can use to help you overcome obstacles?

## Section 7: Creating an Action Plan (25 minutes)

Create an action plan for achieving your short-term and long-term goals.

### Action Plan Template:

Goal	Action Steps	Timeline

## Section 8: Review and Revision (15 minutes)

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*Review your timeline, goals, and action plan.*

*Make any necessary revisions to your timeline, goals, and action plan.*

*Write a short paragraph about what you learned about yourself and your goals throughout this activity.*

## Section 9: Conclusion (10 minutes)

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*Congratulations! You have completed the Designing a Future Timeline activity.*

*Take a few minutes to reflect on what you learned and how you can apply it to your life.*

*Remember to review and revise your timeline, goals, and action plan regularly to stay on track and achieve your goals.*

## Additional Resources

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*Here are some additional resources that you can use to help you achieve your goals:*

- Books: "The 7 Habits of Highly Effective Teens" by Sean Covey, "The Goal-Setting Workbook" by John C. Maxwell
- Websites: [www.goalsetting.com](http://www.goalsetting.com), [www.mindtools.com](http://www.mindtools.com)
- Apps: Habitica, Strides

## Glossary

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*Here are some key terms that you should know:*

- Goal: a specific, measurable, achievable, relevant, and time-bound objective
- Timeline: a visual representation of a sequence of events or tasks
- Action plan: a detailed plan of action to achieve a specific goal

## References

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*Here are some references that you can use to learn more about goal-setting and time management:*

- Covey, S. (1998). *The 7 habits of highly effective teens*. Simon and Schuster.
- Maxwell, J. C. (2003). *The goal-setting workbook*. Thomas Nelson.

## Index

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*Here is an index of the key terms and concepts covered in this activity:*

- Goal-setting: 1-3
- Time management: 4-6
- Action plan: 7-9



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