

## Take Charge of Your Life

Month: Dec.

Week #: 14

Day: a. Mon. Time: 15 min.

# Hitting the Target in Life

Life Tree Learning Systems ©

### Objectives/Aims

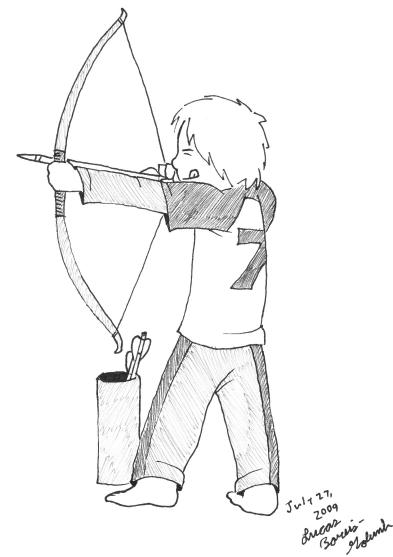
The students will: learn the importance of setting goals in their lives; learn how to formulate strategies to meet those goals; learn how to evaluate, and if necessary, change those strategies if they don't work

### Materials

bow, white board, markers

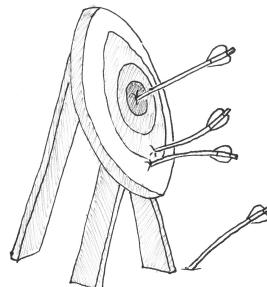
### Illustration

Number 7 is trying really hard to hit that target! He has to draw back that string, aim that arrow and then send it whizzing towards the target! I wonder if he's as good as Robin Hood?



### Background

To give direction and purpose to our lives, we need to intentionally set goals. Without setting goals, the 'needs of the moment' often dictate our actions and we become victims of circumstance. Once we set a goal through thoughtful reflection, meditation or prayer, we need to determine strategies to help us meet that goal. Periodically, we need to evaluate those strategies to ascertain



if they are in fact helping us to meet our goal. If they don't work, then we need to either try harder, or we need to change or modify them.

Setting goals also are important in motivating us. As Richard Lavoie, M.A., M.Ed., states in, *The Motivation Breakthrough*, "Encouraging or requiring students to set and establish individual goals for themselves can foster intrinsic motivation." Intrinsic motivation is, in essence, where children 'enjoy learning for the sake of learning', which is one of the most important goals of education. Even failing to meet one's goals can have positive results, as he goes on to say, "Research indicates that failure to meet one's own goals can encourage tenacity, resilience, effort and self-discipline."

### Group Activity

1. Stand in front of the students, with the bow in hand (this can be pantomimed if you don't have a bow) and say, "I'm attending a recreational camp and I'm taking a course in archery. Here I am at the archery range with my trusty bow. [Hold up the bow.] This bow represents my will and the power to do things." [Get in position as if to take aim and look around as if in search of something.] However, I don't see any targets. Who can tell me why are targets important at an archery range?" A: *You need something to aim at.* Say, "In life we also need a target or a *goal* to aim at to determine our life's direction. [Draw a large target on the board at the end of the board. Once again, take a stance as if to shoot at the target]. Oops, I seem to be missing something else. What am I missing?" A: *Arrows.* Say, "Yes, I need arrows to shoot at the target. [Draw long, parallel arrows on the board pointing in the direction of the target. Also draw several curved or crooked arrows.] We are going to call these arrows *strategies*. Strategies help us reach our goals. Now

what would happen if some of those arrows were crooked?" [Point at the crooked ones.] A: *You would miss the target.* Say, "Yes, at times you have to change the arrows or strategies, if you're not hitting your target goal." [Erase the crooked arrows.]

### **Group Discussion Questions**

1. What does the bow represent and why is it important?

A: It represents my will, or my power to do things in the world. It is important because it is how I accomplish works in this life. (Point out that when they do a math work, or go out of their way to help someone else, any time that they make a conscious decision, then they are using their will power.)

2. What does the target represent and why is it important?

A: It represents a *goal*. Setting goals gives direction and a purpose to your life.

3. What do the arrows represent and why are they important?

A: They represent *strategies* for reaching goals. They help us reach our goals.

4. When do we need to use different arrows, or strategies?

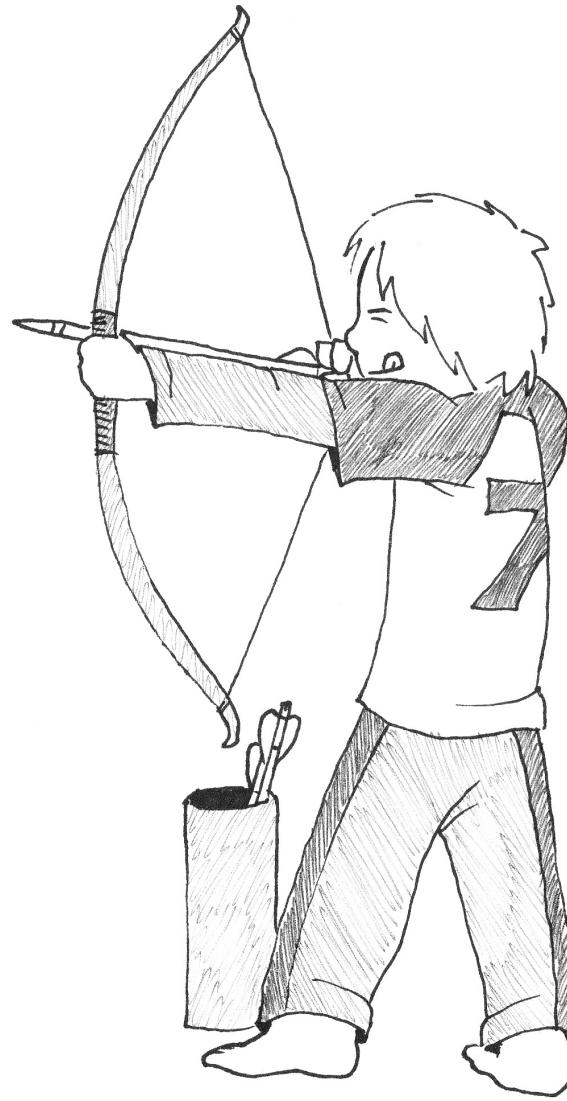
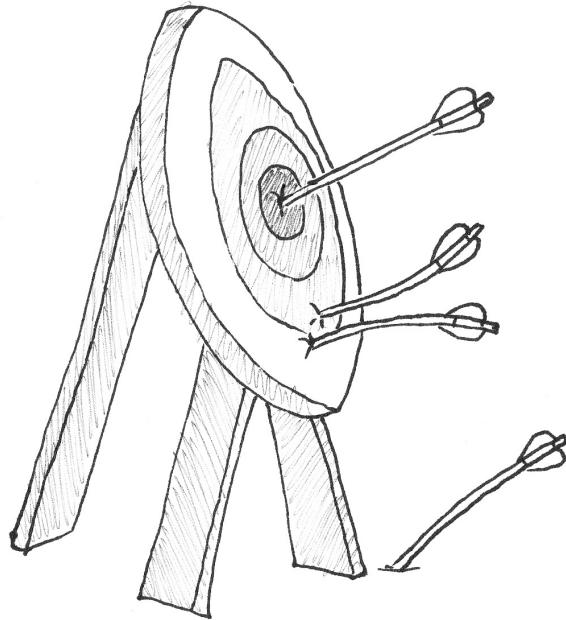
A: When we're missing the target goal.

### **Conclusion**

Have the students stand. Say, "You are all archers in this life. You all have a bow, which represents your will, the power to do things. Show me the imaginary bow that you have. You need to pick your targets, or goals, that you want to achieve in this life." Point to your imaginary target. "They will give you both purpose and direction. To hit the target goal, you will need strategies, or arrows to help you hit the mark. Imagine that you pick up an imaginary arrow, aim it at your target and shoot it. I hope that you all will hit your targets."

Dec 14 a. Mon.

## Take Charge of Your Life: Hitting the Target in Life



July 27,  
2009  
Drew  
Boris  
Golomb

**Number 7 is trying really hard to hit that target!**

**He has to draw back that string, aim that arrow and then send it whizzing towards the target!  
I wonder if he's as good as Robin Hood?**

# Take Charge of Your Life

## Objectives/Aims

By the end of this unit, your child will learn the importance of setting goals in his or her life, learn how to formulate strategies to meet those goals and learn how to evaluate, and if necessary, change those strategies if they don't work.

## Background Information for Parents

To give direction and purpose to our lives, we need to intentionally set goals. Without setting goals, the 'needs of the moment' often dictate our actions and we become victims of circumstance. Once we set a goal through thoughtful reflection, we need to determine strategies to help us meet that goal. Periodically, we need to evaluate those strategies to ascertain if they are, in fact, helping us to meet our goal. If they don't work, then we need to either try harder, or we need to change or modify them.

To make this abstract process more concrete for children, the metaphor of an archery range was used. In this metaphor, the 'bow' stands for a person's will power, the 'target' stands for the goal, and the 'arrows' stand for the strategies used to achieve the goal.

Setting goals is also an important way to motivate ourselves. As Richard Lavoie, states in *The Motivation Breakthrough*, "Encouraging or requiring students to set and establish individual goals for themselves can foster intrinsic motivation." Intrinsic motivation is, in essence, where children 'enjoy learning for the sake of learning,' which is one of the most important goals of education. Even failing to meet one's goals can have positive results; he goes on to say, "Research indicates that failure to meet one's own goals can encourage tenacity, resilience, effort and self-discipline."

## Illustration

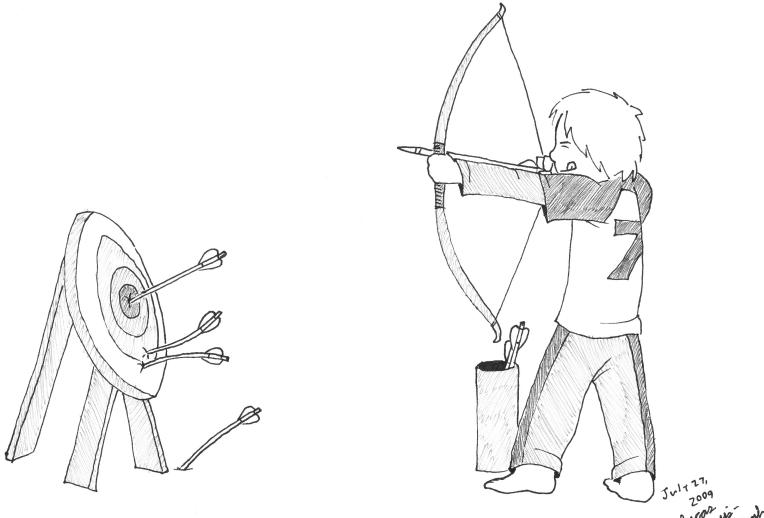
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## Day 1

Explain the picture to your parents. What do the bow, arrows and target stand for? Finally, what is Number 7 trying to do? P.I. \_\_\_\_\_

## Day 2 & 3

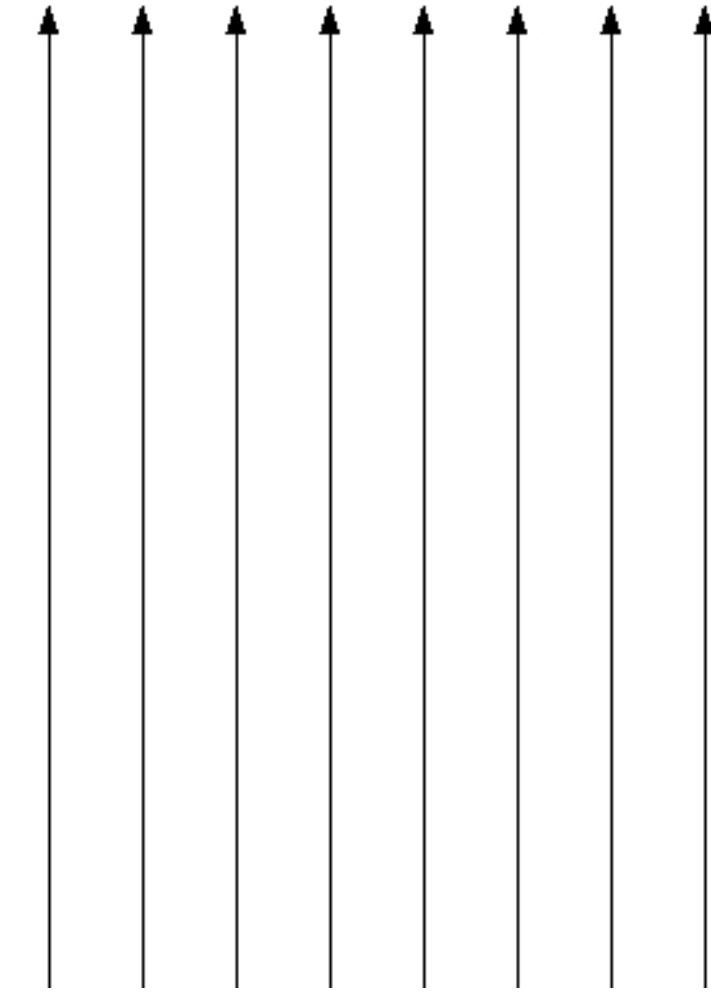
Now it's time for you to be an archer once again. On the back of this paper is a form to complete. Choose a goal that you can work on at home over the next three to four days (e.g. keeping your room clean, taking better care of a pet, getting along with a sibling, etc.). Choose good strategies to help you meet your goal. Your parents need to agree to both the goal and strategies that you choose. P.I. \_\_\_\_\_ Remember, if you're having trouble reaching your goal, you need to either change your strategies or use more of your willpower (work harder and make better choices).



ARCHER'S NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

Arrows or Strategies:



You are all archers in this life. You all have a bow, which represents your will, the power to do things. You need to pick your targets, or goals, that you want to achieve in this life. This will give you both purpose and direction. To hit the target goal, you will need strategies, or arrows to help you hit the mark. If your strategies miss the mark, you need to either try harder or change your strategies.