

Take Charge of Your Life

Month: Dec.

Week #: 14

Day: b. Tues. Time: 20 min.

Choosing the Target

Life Tree Learning Systems ©

Objectives/Aims

The students will: learn the importance of setting goals in their lives; learn the difference between long term and short term goals.

Materials

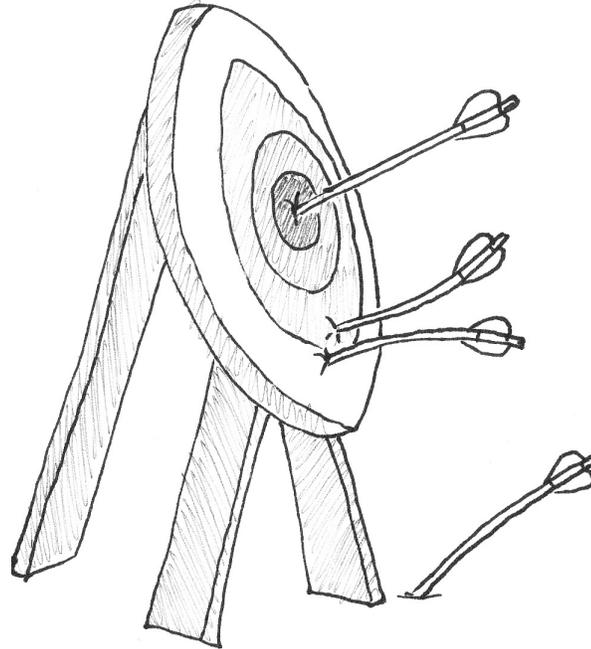
white board, markers

Illustration

What kind of target, or goal, are you trying to hit in your life?

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.



Group Activity

1. Review with the students what they learned in their previous lesson, 'Hitting the Target in Life.' Ask specifically what the bow, target and arrows all represent and why they are important.
2. Draw a large target on the board. Say, "Today we are going to focus on the target goal. We are going to brainstorm as many goals as possible and list them on the board. Brainstorming means we're not going to critique any of the suggestions and we're going to list as many as we can think of. A couple of examples would be 'to make friends' or 'to learn'." Write these goals on the target. "Who can think of some other goals?" List all goals in a shortened form.
3. Say, "Now we're going to look at these different goals and categorize them. Which of these goals is a life long goal?" Circle things like to be a: football player, scientist, etc. in one color. "Which of these are short term goals that could be accomplished in a short amount of time, say from a day to a year?" Circle these goals in a different color. "Which of these are ones you could do at home?" Circle things like: keep my room clean or be nice to my brother etc. in another color. "Which of these could you accomplish here at school?" Circle things like: to learn, make friends etc. in yet another color.
4. Say, "We're going to choose a short term goal, as a class, that we can work on here at school. First, which of these short term, school oriented goals is important and why?" *A: Accept all answers and encourage critical thinking by challenging their answers.* Then say, "By a show of

Group Activity (continued)

hands, which goal would you like to work on? You can raise your hand as often as you like.” Point to the various school oriented, short term goals and tally the student’s vote. “This is the goal that the majority of students would like to work on, _____.”

Group Discussion Questions

1. What does the target represent? Why are goals important?

The target represents goals. Goals provide a direction and purpose for our life.

2. What is the difference between a short term and a long term goal?

A: A short term goal only takes from one day to a year to accomplish. A long term goal takes many years to accomplish.

3. How do you think adults choose goals?

A: Through thoughtful reflection, meditation or prayer.

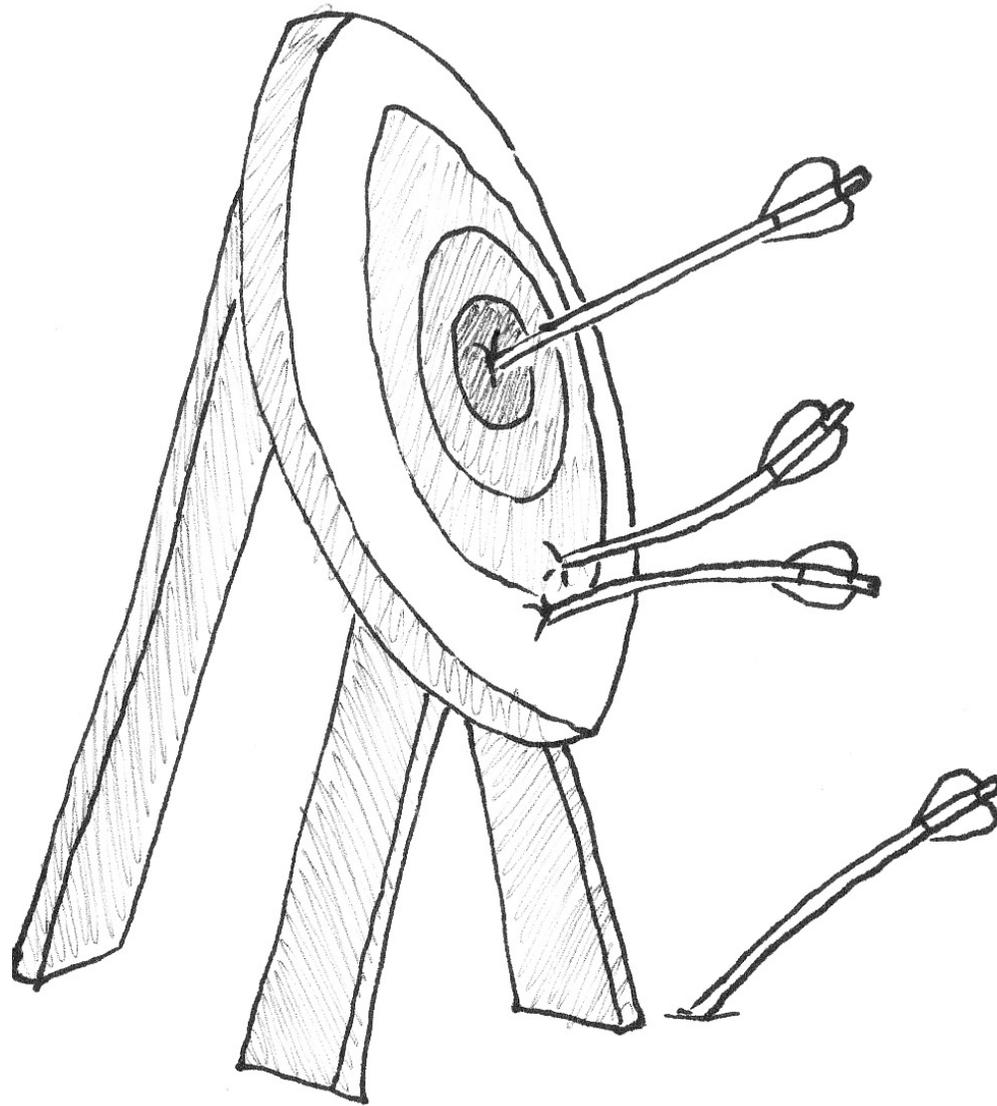
A: By its importance in one’s life.

Conclusion

“If you’re going to be a good archer in life, you need to intentionally choose the target goal that you are going to aim for. It’s important to pick these target goals carefully and thoughtfully as they will determine the direction and purpose of your life.”

Dec 14 b. Tues.

Take Charge of Your Life: Choosing the Target



What kind of target, or goal, are you trying to hit in your life?