

Take Charge of Your Life

Month: Dec.

Week #: 14

Day: c. Wed. Time: 20 min. am, 20

Picking Your Arrows

Life Tree Learning Systems ©

Objectives/Aims

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

Materials

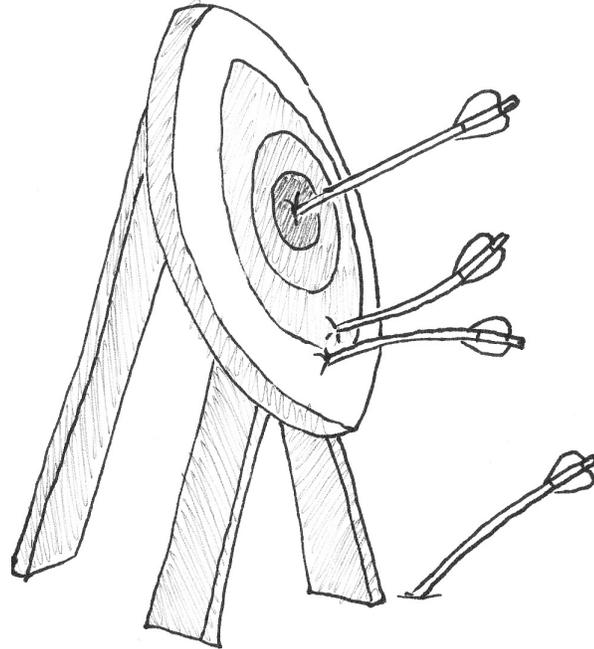
white board, markers

Illustration

What arrows, or 'strategies', will you use to hit your target goal?

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.



MORNING PRESENTATION:

Group Activity

1. Review what was learned from the previous day's lesson. Reemphasize the importance of goals and how they affect both the direction and purpose of our lives.
2. On the far right side of the board, draw a large target. In the middle of the target, write the goal that was selected by the students in the 'Choosing the Target' activity. I will be using the goal, 'to learn' as an illustration. Say, "Today we are going to carefully pick some arrows, or strategies, to help us hit our target goal." Draw long arrows on the board pointing in the direction of the target. "Who can think of some strategy arrows, to hit our target goal? Be as specific as possible." *A: Possible answers: focus, don't get up until a work is complete, work at a steady pace, sit with a strong body, use your time efficiently, enjoy your work, don't get discouraged, etc.*
3. Say, "Now we're going to pick six of the best strategy arrows by a show of hands. You can vote for as many strategy arrows as you want. The six arrows that get the most votes will be the strategies that we will all use throughout the day. At the end of the day, we're going meet again to see if our strategy arrows worked and if we hit the target." Hold the strategy election erasing the arrows from the board that aren't selected.

Group Discussion Questions

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

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

2. If an arrow doesn't hit the target goal or, in other words, the strategy doesn't work, what do you do?

A: You change or modify the strategy.

Conclusion

You've chosen your targeted goal, selected some fine arrows, or strategies, to hit the target goal with... You draw back on your bow, take careful aim and... Will you hit the bulls eye or miss the target goal entirely? Are you a strong-willed Robin Hood who can make your arrows fly straight and true? Stay closely tuned to your own life, and find out what happens! We'll meet again this afternoon to see what happens.

AFTERNOON PRESENTATION:

Group Activity

1. Say, "Today, hopefully, you've been using the strategy arrows that we decided upon this morning. Were you a Robin Hood or Robin, Earl of Huntingdon? If you don't quite understand the difference between Robin Hood and Robin, Earl of Huntingdon, you'll find out in the next couple of days. Now we're going to analyze how we did in hitting our target by asking some questions.

Group Discussion Questions

1. By showing me a thumbs up for 'yes', a side ways thumb for 'kind of' and thumbs down for 'no', did we hit our target goal?

A: Answers will vary but hopefully they were at least partially successful in meeting their goal.

2. How did you feel when you realized you had either missed, or hit, the targeted goal?

A: Probably good if they hit it, bad if they didn't.

3. Which strategies worked? Which ones did not work? Are there some we could change?

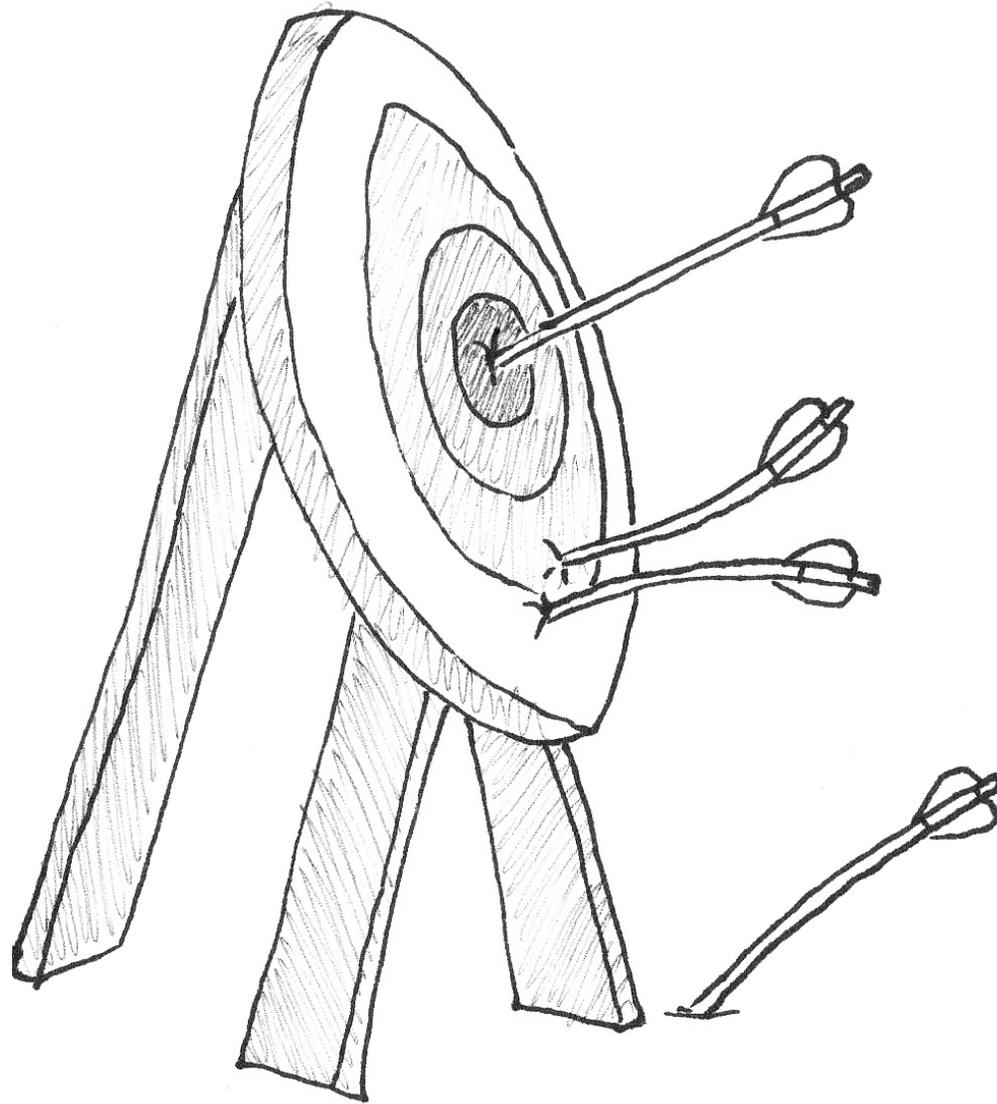
A: Answers will vary.

4. Do you think your willpower, or the use of the bow, had anything to do with hitting your chosen target? In other words, did you do what you said you were going to do?

A: If you don't employ the strategies, or use the arrows, there's no way you can hit the targeted goal.

Conclusion

Say, "So far you've learned how to set a target goal and how to formulate strategy arrows. Next we're going to take a look at that bow you're holding in your hand. I wonder if you'll choose to use it or just hang it on the wall?"



What arrows, or ‘strategies’, will you use to hit your target goal?