



Goal-Directed Behavior

Working Together to Meet Your Goals

Pre-Teaching/ Guiding Language:

This strategy works best after completing the Choosing a Goal strategy.

While choosing your goal is the first big step in working towards your higher ambitions, being able to accurately and effectively track your goal is what's going to "bring you home the gold". Once you have a goal in mind and you ensure that it is a realistic, meaningful, and measurable goal, it's then time to create a way that we can ensure our progress towards the finish line. While there are many ways to track and monitor your goals, it is important to find a way that works best for you. Here are some tips to help you figure out the best way for you to track your goals:

1. Check in on your goal progress daily. Set aside 5 minutes each night to reflect on your goals and take note of the progress you have made towards that specific goal. This helps to make goal tracking part of your daily routine.
2. Plan ahead. When deciding on the end date for your goal, it is also important to consider if you can effectively meet those crucial goal milestones in the time you have allotted. You want to make sure you are not setting yourself up for disappointment.
3. Keep a journal to help track your goal progress. Reading and reflecting on how far you have come and the struggles you have overcome can be extremely motivating!
4. Upgrade your goals often. If you are consistently meeting your short-term goals, celebrate and then think about adding a longer-term goal into the mix. Or consider how these short-term goals can benefit your overall end goal.
5. Set up a reward system. When you are completing a task and meeting a goal, big or small, it is important to reward yourself. These rewards should be tangible and realistic, for example you probably cannot reward yourself with concert tickets every time you meet a goal. However, you can have your favorite snacks handy, take yourself to the movies, or any other activity that will motivate you to keep meeting these goals!

This strategy reinforces the skills taught in the high school student-directed strategy ***Tracking Your Goals.***

Key Takeaways:

- Students will understand how to track and adjust their goals.
- Students will recognize the importance of monitoring their goals.
- Students will practice providing themselves with positive reinforcement.
- Students will recognize the importance of community support when working towards goals.

Duration + Materials:

- 20 minutes

Key Vocabulary:

- **Routine-** A sequence of actions regularly followed.
- **Measurable-** Able to be described in specific terms (as of size, amount, duration or mass).
- **Realistic-** Having or showing a sensible and practical idea of what can be achieved or expected.
- **Reward-** A thing given in recognition of one's service, effort, or achievement.



Activity:

1. After introducing the idea of measuring your goals, use the discussion questions and the guided language to decide on a goal and how to monitor that goal as a class.
 - a. This goal should be a group effort, relatively short term, and not take more than 2-5 minutes a day to monitor.
2. Students should all be on board with this goal and there should be clear guidelines set for how they can meet them.
 - a. For example, we want to collect 15 toys to donate for “Toys for Tots” or “We want to plant three new trees in the quad”.
3. After the goal and the deadline are selected, decide on a reward for the class.
 - a. This reward should be tangible, easily accessible and motivating. For example, free time Fridays, dance parties, screen time, gym time, etc.
4. Give students two minutes at the end of each class to assess their progress towards their goal.
5. This should be done a few times per semester, depending on the length of goals.

Discussion Questions:

1. What are some of our interests and passions?
2. What is something we can all have a part of?
3. How do we turn our interests and passions into a goal?
4. How long do you think it will take to meet this goal?
5. How are we tracking this goal?
 - a. What are the milestones we want to meet and when should we meet them?
6. What are we working towards with this goal?
7. What type of reward should we earn for meeting this goal?
8. How frequently should we update this goal?

Reinforcement Activities:

1. Continue to reward students for meeting even small or short-term goals. For example:
 - a. Reward the whole class turning in their homework with a night of no homework.
 - b. Positively acknowledge a student who struggles with tardiness for a week of getting to class on time.
 - c. Reward the whole class for passing a test with 5 minutes of free time at the end of the week.