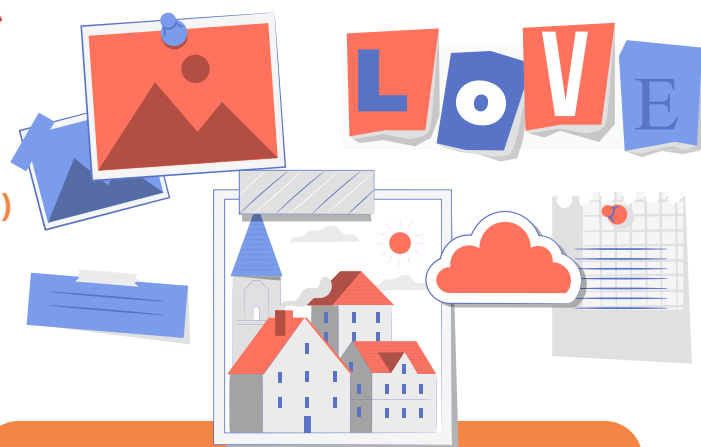


Setting Goals & Vision Boards

A two-part workshop (2x 45 minutes sessions) for high school students aged 12-18 years.



Objectives

- Identifying what motivates and inspires us.
- Learning skills to set and achieve goals.
- Combining strengths, skills, and personal goals to create actions and inspire motivation.

Resources

- **Activity 1 Worksheet:** Wheel of Life
- **Activity 2 Worksheet:** SMART Goals
- **Activity 3 Staff Resource:** Images
- Pens, textas, scissors, glue, glitter and any other fun arts and craft supplies
- Coloured or white A3 Card or A3 corkboard

Session Times	Session Activity	Resources
20 minutes	<p>(Session 1) Activity 1 - Self Reflections: Wheel of Life</p> <p>Step 1: Each student will need a pen and a printed Wheel of Life Worksheet. We have developed this one for you, specific to young people.</p> <p>Step 2: Ask the students to individually self-reflect on each of the 8 sections of the Wheel of Life. This is personal and they do not have to share.</p> <p>Step 3: Ask them to make notes in dot point form about their hopes/dreams for the future. Allowing them to reflect on dreams, will flow into the next activity. For example, they may currently be completing year 12 exams and their goal after school is to get an Electrical trade through TAFE.</p> <p>Step 4: If you get stuck, you can use the Wheel of Life Example Sheet to help spark ideas.</p> <p>Step 5: Allow a few minutes for anyone to share if they wish.</p>	<p>Activity 1 Worksheet: Wheel of Life</p>
25 minutes	<p>(Session 1) Activity 2 - Creating Our Own SMART Goals</p> <p>Step 1: Each student will need a pen and a printed SMART Goal Setting Worksheet. Some students may have done these in careers or cert classes - you may like to give the option to start on their vision board.</p> <p>Step 2: Using the already completed Wheel of Life, ask the students to select at least 2 vision/goals/hopes e.g. Electrical Trade.</p> <p>Step 4: Explain what each area of SMART means and provide a few</p>	<p>Activity 2 Worksheet: SMART Goals</p>

examples of SMART goals in different areas of life. Allow time for the students to complete each section. Answer any questions and assistance throughout.

Step 3: Once you get to the bottom you will now be able to re-frame your goal, into a SMART Goal. E.g.

"My goal is to achieve my career goal of being an Electrician by submitting an application to complete an Electrical Apprenticeship at South Metro TAFE online before concluding Year 12 in December 2022."

Step 6: You may also want to complete the Action Plan which includes looking at what you may need to achieve your goal (e.g., laptop, internet, student services support to understand forms). You can also complete any potential barriers and solutions (e.g., barrier: no internet at home, solution: use local library).

Step 7: Once completed both sheets, store them away safely or make sure to bring them to the next session as we will be building on from this in the next activity. Explain the next activity to students. You can ask students to also bring to class any print outs of images/quotes that they may want on their vision boards.

Special note: Remember that our goals and what drives us changes all the time. For instance, if accepted into TAFE, your new goal might be around getting a casual job to support the cost of uniforms and studying. What's important is that we are constantly reviewing and tweaking our goals. This allows us the opportunity to explore our interests and motivations as we go through life. What you may want now, may look very different in 5 years' time, or even 1 years' time and that's okay!

45 minutes

(Session 2) Activity 3 - Vision Boards

Step 1: Before you begin, students will need their completed Activity 1&2 sheets from the previous session. You will also need some of the arts and craft materials in the 'resources' section and magazines or multiple copies of the attached imaged printed out. Briefly explain what a vision board is.

Step 2: Each student will need one large piece of card or a corkboard for this activity. This will be the base to inspire your vision board.

Step 3: Remember there is no right or wrong way to make a vision board. Students can print out images/words/quotes and use the magazines and arts and craft materials to get creative!

Step 4: Students can cut out and start placing their goals and motivations onto their card or boards. This can be as little or much as they like. The great thing about corkboards, is that as your goals and visions change, you can remove and add by using pins, rather than gluing down items.

Step 5: Once completed the students can take home all 3 activities and stick them up in their room or around their home.

Step 6: One way of keeping yourself accountable to your goals is to tell people about them. Encourage the students to take turns sharing their goals and boards with each other. The group may want to keep each other accountable by checking in on each other each session. If not, they may want to share with a family member or friend.

Activity 3 Staff

Resource: Images

Pens and textas's.

Scissors, glue, glitter and any other fun arts and craft supplies.

Coloured or white A3 Card or A3 corkboard.



Activity 1 Worksheet

Wheel of Life


Career




Education



Finance



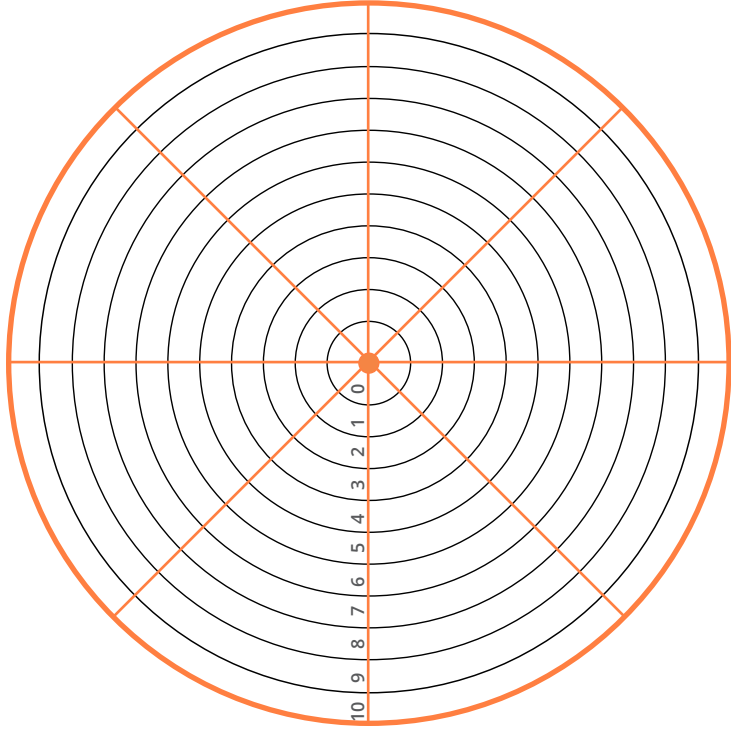
Leisure



Physical Wellbeing



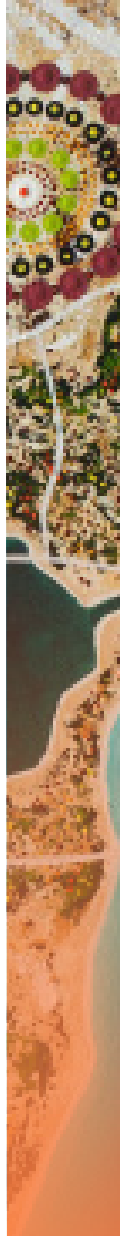

Life Skills



Wellbeing



Relationships



SMART Goal

Initial Goal	Write your goal here.
S Specific	Your goal should be well defined, detailed and clear.
M Measurable	Is your goal measurable? You should be able to tell when you reach your goal.
A Achievable	Can you reach the goal, taking into account your available time, skills, and financial status?
R Realistic	Is your goal realistically achievable within the given time frame and with the available resources?
T Timely	Set a start and finish date for your goal. Start Date: _____ Finish Date _____ Overall Time (e.g. 6 weeks) _____
SMART Goal	Revise your goal based on the answers to the questions above.

Action Plan

What steps do you need to take to get you to your goal?

Action Items	Expected Completion Date	Actual Completion Date

Potential Obstacles and Solutions

Potential Obstacles	Potential Solutions



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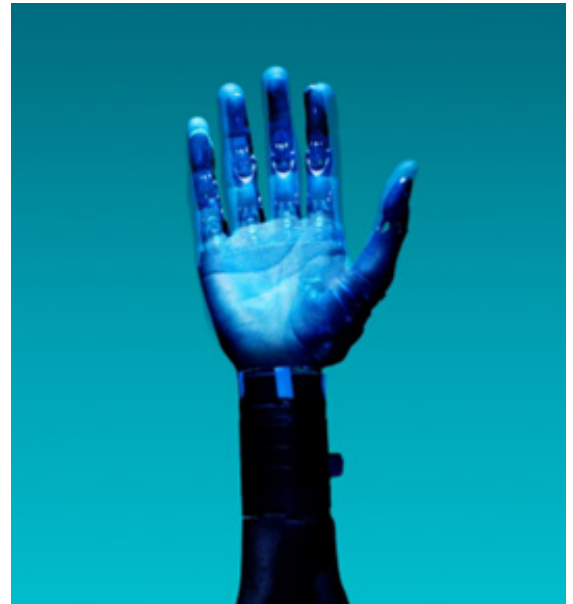




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