

Let's Set Some Goals!

rock by rock 

Did you know... that the organization 96 Elephants set a goal of protecting elephants? Elephants are often killed for their ivory tusks. 96 Elephants worked to help protect a park in Mozambique in Africa. Between mid 2018 and mid 2019 no elephants were killed in the park! That's a goal setting success story.



Directions: Setting goals and thinking of ways to challenge yourself each week is one way to constantly learn and grow. Goals can help us achieve big things or little things. But they should matter. We should set goals for things that feel important to us.

Read about how to set a B. I. G. goal below. Then use the goal setting tracker on the next page to set a goal for the week. Set a goal and draw a star or check mark every time you reach your goal. At the end of the week, reflect on how you did. Did you reach your goal? Why or why not? How did you feel? What should you keep doing? What can you do better?

B. I. G. Goals Are...

How to set a B.I.G goal that is both challenging yet measureable?



- **Be Specific:** What is the specific way I will make progress?
- **Intentional:** What is the action I will take to reach this goal?
- **Great:** If I accomplish this goal, will this make me feel great?
Does the goal make me want to reach it?

Example B. I. G Goals

- I will read 2 chapters of my book each night so that I can finish reading 2 books a month.
- I will practice my guitar for 20 minutes a night so that I can perform with my dad's band next month.
- I will share 3 things I learned at dinner so that I can practice being a better public speaker.



Week of _____

Goal	MON	TUE	WED	THU	FRI	SAT	SUN

End of week reflection:

1. How many days did you accomplish your goal? _____

2. What did you do well this week to help meet your goal?

3. What is one thing you could do better next week?

4. What did you learn about yourself while working towards your goal?

5. What is a new challenge or goal you might want to set next week?