

UNIT 10 Have a Goal



HAVE A GOAL

Family Sharing Activity

We have learning about the importance of setting and pursuing meaningful goals. When we make progress on things that are important to us to achieve, we are more satisfied with our lives and report higher levels of wellbeing. While no-one starts a goal expecting to fail, we will undoubtedly hit setbacks along the way.

Resilient people understand that working at something takes energy, motivation and effort. They view failure as feedback, recognise it can happen to anyone, reflect on what wrong and try new ways to tackle the problem.

We have learned that:

- Setting a realistic goal helps to motivate us
- Learning to overcome setbacks helps us cope with future ones
- It is important to celebrate our successes

Set a Goal

- Think about something you want to be able to achieve as a family in the next few weeks. Set a goal that is meaningful for everyone.
- Create a step-by-step plan for how you are going to achieve your goal. Think about who is doing what and what will help you to achieve it. How will you know you have achieved it?
- Expect that you may experience setbacks or make mistakes. Don't worry – just keep on trying!
- Agree together how you will celebrate as a family when you have reached your goal.
- Bring evidence of how you are getting on with progressing towards achieving your 'goal'. You will be asked to share this with your class.

Please return your family sharing activity to school so you can share your ideas with your class. Some examples will be chosen to share at our Sharing Assembly.