

## Session 2

### Building a Vision for the Future

In today's lesson we are going to learn a little bit about planning for the future. It is important as we get older, we understand that sometimes we have to plan and set goals to accomplish things in our life. Through hard work and determination, we can all be successful in our lives! The topic we want you to think about today involves goals and a sense of accomplishment. Think about and answer today's question before starting our activity:

Has there been a time in your life in which you worked to accomplish a goal? Please describe that goal and how you accomplished it below. This could be something like reading a book, improving your grades in school, practicing to get better at a sport, or any other goal you can think of.

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## Session 2

### Vision for the Future

### A picture of my goals

For today's activity we are going to create a vision/goal page that will show you some goals that you want to accomplish in your life. Even at a young age we all can have ideas and a vision for the future, maybe you want to be a firefighter or doctor when you grow up. Some of us have goals to be athletes in high-school or college or to be able to change the world to make it a better place. For this session's activity we want you to draw out some goals, or you can write some of them, on a piece of paper. We also want you to use this as your cover for your binder so you can see each day you complete our program what you will be working for in the future. Here are some examples of what you can include on your vision/goals page:

1. What job you dream to have in the future
2. What sport you want to play in high School
3. What College you want to attend
4. What subjects you want to improve on in school
5. How you can develop Healthy Habits, like exercising and eating healthy
6. What activities you want to do, like a goal to read a book each month
7. Any other goal you can think of, be creative!

## Session 2 Activity

### Plan to Reach my Goal

While it is important to have goals and a vision for your future, it is just as important for you to understand the work and steps that are going to be needed to accomplish your goals. Please pick two of the goals you drew on your paper and list ways in which you can accomplish your goals. Here are a few examples for you to look at for guidance:

#### **My Goal is to improve my math grade from a C to a B:**

I am going to achieve my goal by:

- studying an extra 20 minutes each night on math
- asking my teacher for help on problems I do not understand
- review my notes for math after each class to make sure I understand them

#### **My goal is to make my high school baseball team:**

I am going to achieve my goal by:

- working hard at practice with my team each session
- work on my own at home for 30 minutes each day
- find a friend, parent/guardian or coach to work with me an extra session each week
- keep my grades up so I will be eligible to play and a good teammate

Now take the time to write out two of your goals and discover ways you can accomplish them

My Goal is \_\_\_\_\_

\_\_\_\_\_

I am Going to accomplish my goal by:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My Goal is \_\_\_\_\_

\_\_\_\_\_

I am Going to accomplish my goal by:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Session 2 Conclusion

Today you learned about goals/visions and what you want for your future as well as ways in which you can accomplish these things. It is important to know that you can accomplish great things in your life and be very successful. We all have a future and if you work hard to accomplish goals, achieve academic success and follow your dreams than you can be successful in the future.

Please take the time now to fill out something you like about yourself, a positive thing about yourself or something unique about yourself on your “What I Like About me” page at the end of this binder. Today you can even list one of your dreams, goals or visions as something you like about yourself as it is unique and will give you a positive goal to strive for.