DO IT Goals

Senior (10 Days)

A good way for students to be clear and successful in pursuing their goals is to follow a goal-setting frame. Our frame is DO IT!

**Design it:**
This first step is about identifying our goal and painting a clear and specific picture of exactly what it is we want to accomplish.

**Outline it:**
This step is where we create an action plan to achieve the goal we’ve designed. Goals don’t achieve themselves just because we define them—we have to come up with a plan to achieve them. What is the step-by-step process we will follow to achieve our goal?

**In your way:**
This step is where we identify what might get in the way of achieving our goal. What are the barriers?

**Take action:**
And now we’re ready to take action! What is the very first thing we can do to start working toward achieving our goal? Maybe it’s the first step in our outline or maybe it’s even something more immediate than that. What is one thing we can do today to move toward achieving our goal?

Once students begin this process and take action every single day, they’re amazed how quickly they achieve their goal and are ready to DO IT again with another goal!

MY BEST SELF

Senior (6 Days) / Junior

Goals help move us forward to being our best self. First we are clear and specific about what we want. Often what we want is outside our comfort zone in our learning zone. For success in achieving what we want, we look at What’s In It For Me? How will I benefit from achieving this goal? We reflect on the Key of Failure Leads to Success and remind ourselves to learn from mistakes along the way. We notice if any fimage is holding us back and ask ourselves . . . *Am I confident in who I am and what I want? Am I willing to give 100% effort to make it happen?* Being clear on what we want and taking the steps to get there lead to our being My Best Self.