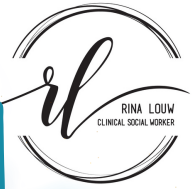
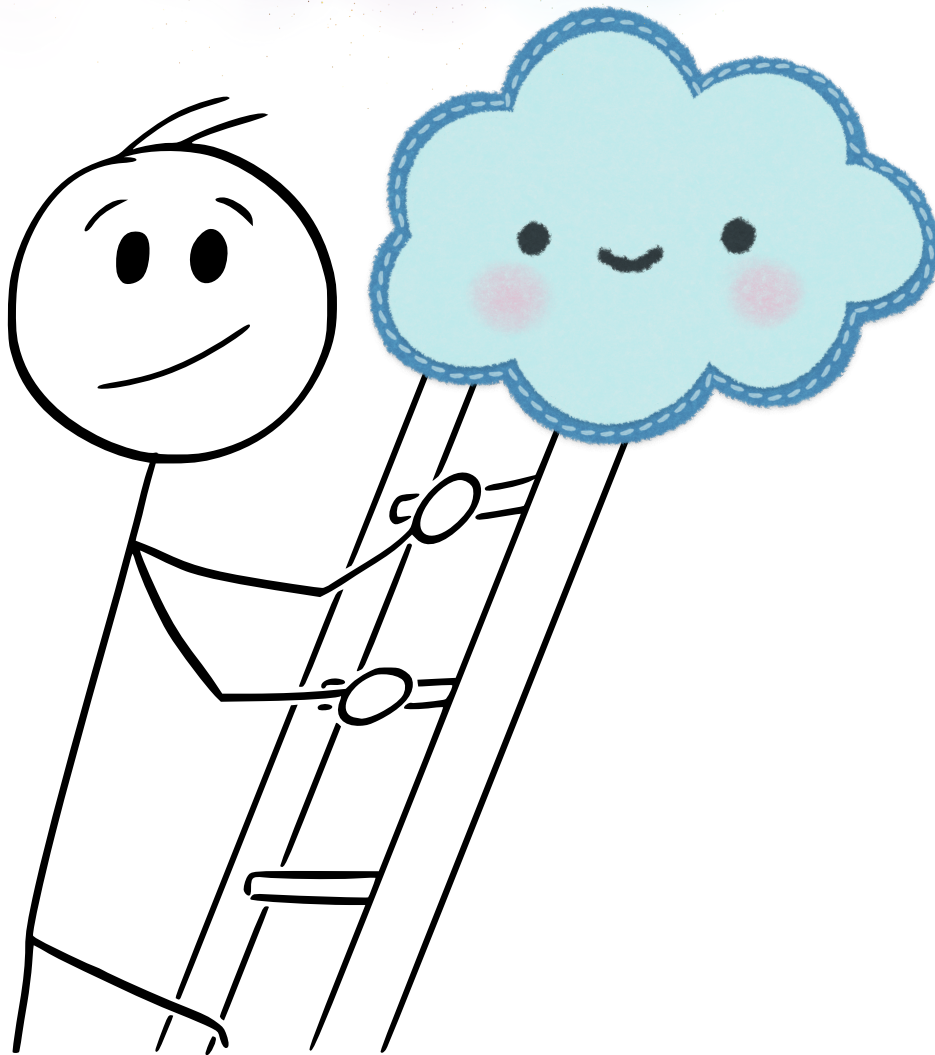


Goal-Setting



Activities

for Kids!



# 1. Goal Ladder

Goal setting is like climbing a ladder

Set your big goal. Break the big goal into sub-goal- smaller steps that will take you to the big goal.

Instructions:

1. Write your big goal down: " I want to make the first netball team."

1. Write down sub-goals, starting at the bottom of the ladder.

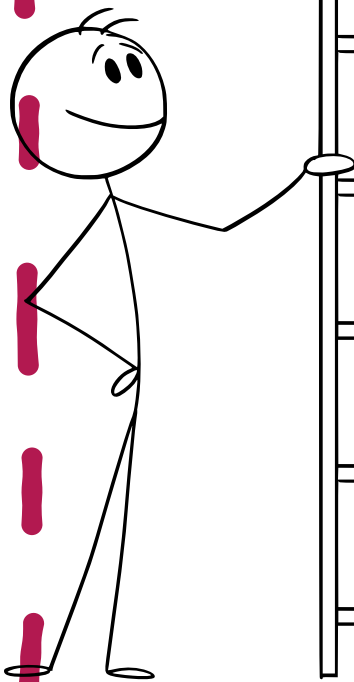
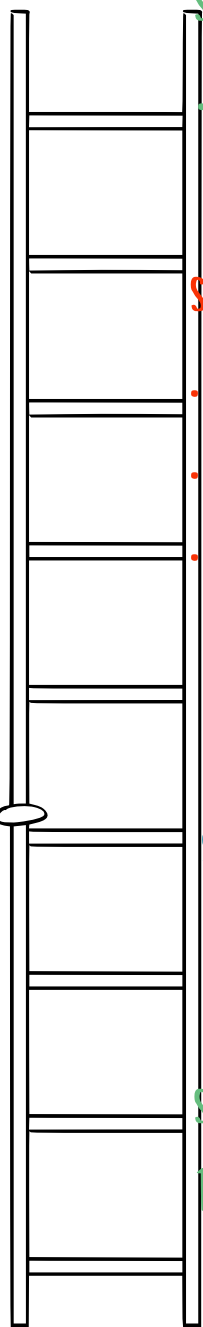
Step 1: I will train in fitness at home -jogging, and practicing goal shooting daily.

Step 2. I will attend each netball practice.

Step 3. Ask the teacher to give tips on better techniques. Do it.

# Goal Ladder

**BIG GOAL 1**



SUB-GOAL 5.....

SUB-GOAL 4.....

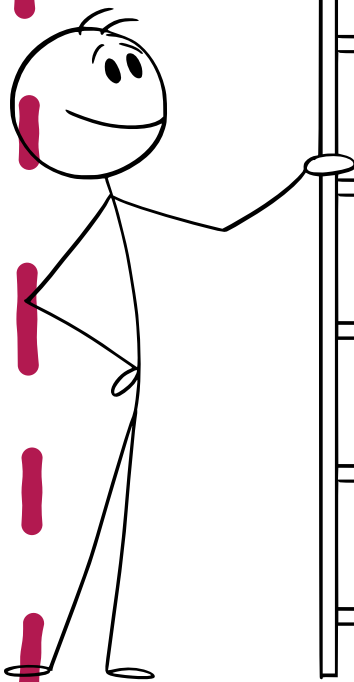
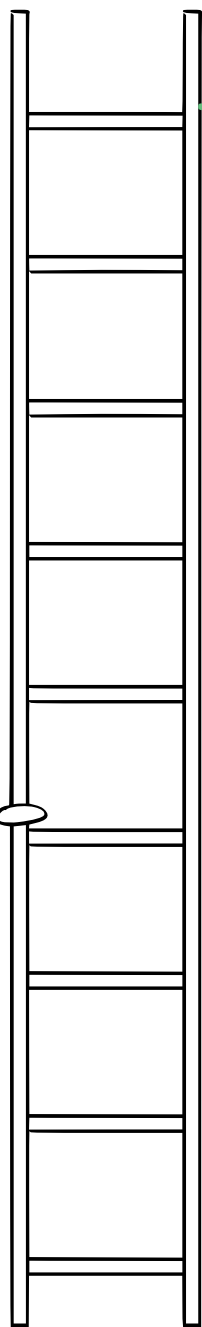
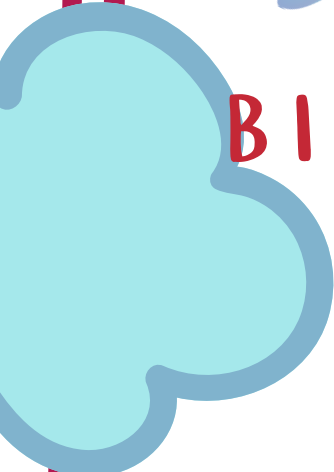
SUB-GOAL 3.....

SUB-GOAL 2.....

SUB-GOAL 1.....

# Goal Ladder

BIG GOAL 2



SUBGOAL 5.....

SUBGOAL 4.....

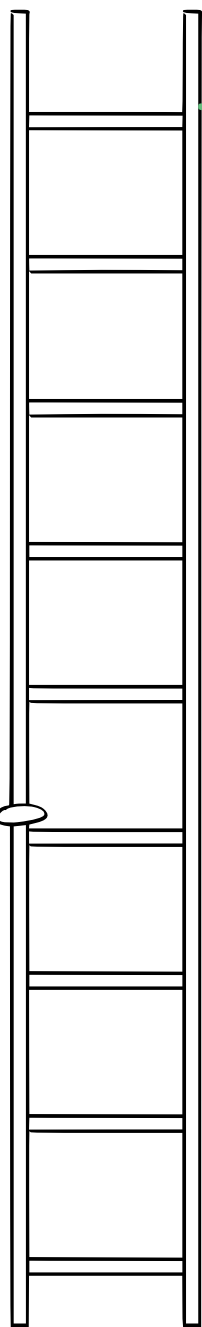
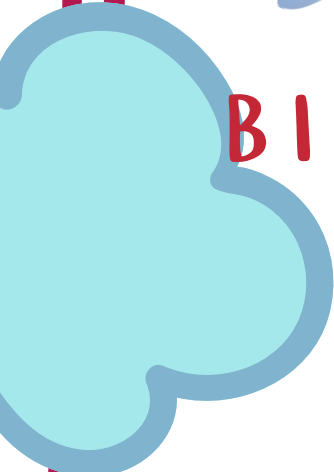
SUBGOAL 3.....

SUBGOAL 2.....

SUBGOAL 1.....

# Goal Ladder

BIG GOAL 3



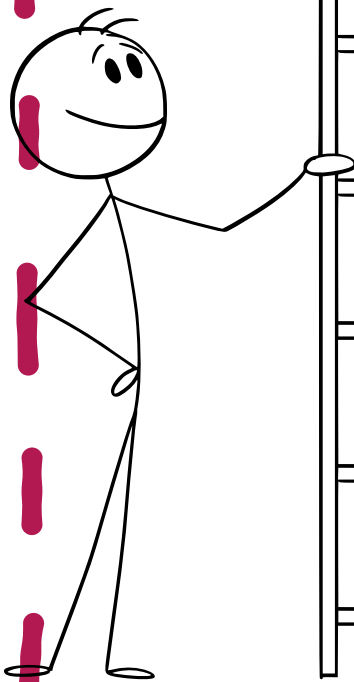
SUBGOAL 5.....

SUBGOAL 4.....

SUBGOAL 3.....

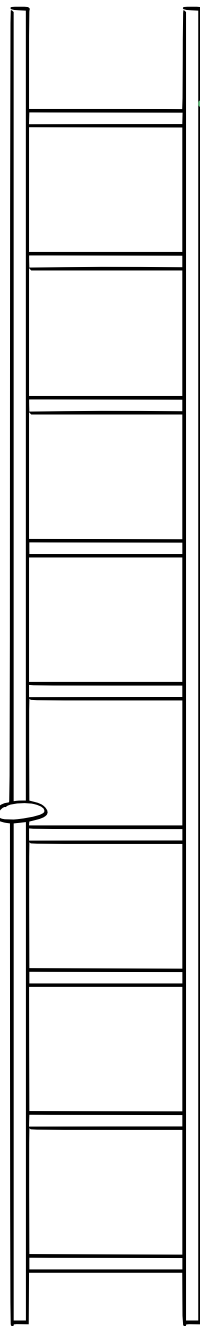
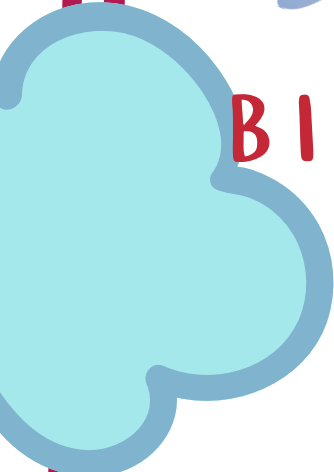
SUBGOAL 2.....

SUBGOAL 1.....



# Goal Ladder

BIG GOAL 4



SUBGOAL 5.....

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SUBGOAL 4.....

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SUBGOAL 3.....

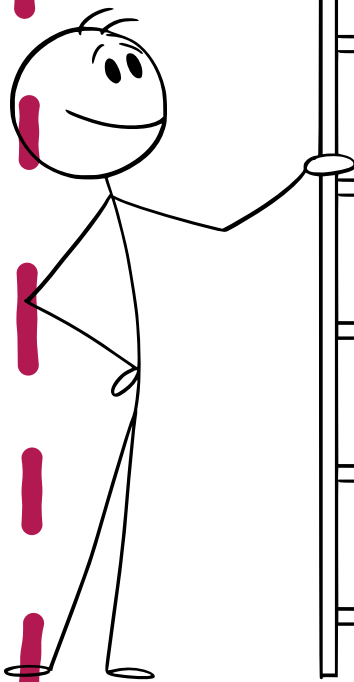
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SUBGOAL 2.....

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SUBGOAL 1.....

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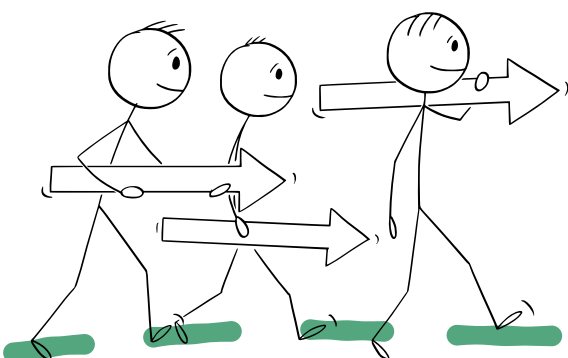


## 2. Goal Planner

We need a plan to assist us in achieving our goals.

### Instructions

1. Write in your first big goal
2. Write in your sub-goals
3. Add time in when you want to take the sub-goal steps.
4. ✓ each sub-goal when completed.
5. Celebrate each goal you have complete.



# MY PLAN

GOAL 1.....

My strengths.....

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My obstacles.....

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Steps to achieve  
my big goal

SUB- GOALS

When

Mini Goals



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# MY PLAN

GOAL 2.....

My strengths.....

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My obstacles.....

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.....

Steps to achieve  
my big goal

SUB- GOALS

When

Mini Goals



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# MY PLAN

GOAL 3.....

My strengths.....

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My obstacles.....

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Steps to achieve  
my big goal

SUB- GOALS

When

Mini Goals



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# MY PLAN

GOAL 4.....

My strengths.....

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My obstacles.....

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Steps to achieve  
my big goal

SUB- GOALS

When

Mini Goals



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