



4-H AT HOME



FUN, HANDS-ON ACTIVITIES TO KEEP KIDS ENGAGED

GOAL SETTING TREE

Goals are important to achieving success. Most athletes, business men and women, politicians and even students need goals to give them direction and focus. Goals help break things down into manageable steps so you don't get overwhelmed.



- 1 MAKE SURE GOALS ARE SPECIFIC AND REALISTIC.**
Use numbers, dates or other details to help guide you. Here's a sample goal: "I want to raise my C in Algebra to a B before Christmas break by completing my homework daily and asking for help when I don't know how to do the work."
- 2 CHANGE DOESN'T HAPPEN OVERNIGHT.** It takes time and dedication to achieve a specific goal. Don't give up! Change will happen if you stay focused on the goal.
- 3 REPEAT YOUR GOAL TO REMEMBER YOUR FOCUS.**
Say your goal out loud each morning to help remember what you are aiming for. Every time you state your goal, you are training your brain to make it happen.
- 4 DON'T TRY TO PLEASE OTHERS.** Your goals shouldn't be based on trying to please someone else. Work toward goals that mean something to you.
- 5 ROADBLOCKS DO NOT MEAN FAILURE.** Everyone who sets a goal has had things get in their way. Look for ideas to work around the roadblocks or failed attempts. Remind yourself to try again.

Supplies Needed:

- ♦ Paper
- ♦ Crayons, Colored Pencils or markers

Setting goals can be related to school, something you want to learn or any other topic you can think of. Writing down goals helps you to stay focused on what you are working toward. Then create Your Goal Setting Tree.

CLOUDS

Obstacles or things that get in the way of your Goal

TRUNK

Write your Goal

ROOTS

People who can help you reach your Goal



SUN

Positive Qualities and Skill you will use to reach your Goal

BRANCHES & LEAVES

Steps to reach your Goal

ROCKS

Obstacles or things that get in the way of your Goal

READY FOR MORE!

Use this link for a Goal Setting Tree video : <https://youtu.be/MmN5NHo0BpA>

More great activities on Facebook at Oklahoma 4-H Virtual Clovers



OSU EXTENSION
GRADY COUNTY
4-H YOUTH DEVELOPMENT

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