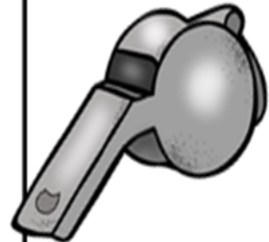
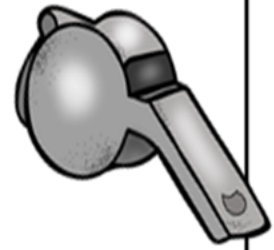


# GOAL SETTING

## PLAYS



4  
THERE IS TOO MUCH GOING ON RIGHT NOW.  
WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



8  
I WILL PROBABLY ACHIEVE THIS GOAL BY WORKING HARD.  
WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?

5  
I WILL GET AROUND TO IT WHEN I FIND THE TIME.  
WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



# GOAL SETTING

## PLAYS



### Objective:

- \*Students will set a goal and create a plan to achieve that goal.
- \*Students will identify negative behaviors that prevent goal completion.

### Materials:

- \*Printout of Types of goal reaching fouls.
- \*Printout of sports balls/fouls and sorting cards (cut out in advance).
- \*goal reaching plays handouts (one per student).

### Guiding Questions

- \*why are setting goals important to being successful?
- \*Why is it important to recognize behaviors that prevent us from reaching our goals?

### ASCA Standards Alignment:

- \*Mindset: (M 5) Belief in using abilities to their fullest to achieve high-quality results and outcomes.
- \*Behavior: Learning Strategies: (B-LS 7) Identify long and short term academic, career, and social/emotional goals.
- \*Behavior: Self-management skills: (B-SMS 5) Demonstrate perseverance to achieve long and short term goals.

### SEL Competencies:

- \*Self-management: self-discipline, self-motivation, goal setting.
- \*Responsible decision making: Identifying problems, analyzing situations, solving problems.

### Activity Details (about 30 min):

\*Say "In sports, scoring goals are very important to winning a game. In life, setting goals are important to be successful in any area of your life. Let's start by thinking of goals we would like to set in different areas in our life." pass out one per student the "goal Setting" handout (let students pick which sport theme they like). Have students complete it and then pick one goal of those to focus on. After, pass out the "goal reaching plays" handouts. Say "Now that we picked one goal to focus on, we are going to break it down into smaller tasks, that way our goal is reachable. We also need to select a realistic deadline for each task to be completed by." Assist students coming up with this. "Great, we have a plan of how we are going to accomplish this goal. Now, we need to try to predict any possible things that could get in our way of achieving this goal, or obstacles. Think of 3 possible obstacles you may have and then come up with solutions. The plan is really coming together, we also need to think through a few more things to plan to reach our goal." have students work on completing the next 2 goal reaching plays pages.

\*place each of the balls on the table and a pile of the sorting cards. Discuss the different types of goal reaching fouls using the handout. Say "goal reaching fouls are thoughts and behaviors that keep us from achieving our goals. If we are able to recognize these, then we can prevent ourselves from doing them. One popular foul is called procrastination, this means putting something off until later. Another foul is called doubting yourself, this is about not believing in yourself. The next foul is discounting the goal, this means telling yourself that the goal is not really as important to you as you thought, and acting like achieving it is not important to you. Another very common foul is called making excuses, which is about coming up with any reason for not working on your goal. The last foul is not being realistic, this means not looking at your goal, or the world, accurately. It's not being practical, when we set unrealistic goals it can be discouraging. It is better to set small attainable goals with a well thought out plan. Let's practice recognizing these fouls, take turns picking up a card and read what is on it, then decide which ball (or foul) it is and place it under that ball (sorting)." guide the discussion using the questions on the card.

# GOAL SETTING



ONE THING I WOULD LIKE TO IMPROVE IN SCHOOL IS:



ONE THING I WOULD LIKE TO IMPROVE AT HOME IS:



ONE HOBBY OR SPORT I WOULD LIKE TO IMPROVE AT IS:



ONE SKILL I WOULD LIKE TO DEVELOP IS:



PICK ONE GOAL  
TO FOCUS ON:

# GOAL SETTING



ONE THING I WOULD LIKE TO IMPROVE IN SCHOOL IS:



ONE THING I WOULD LIKE TO IMPROVE AT HOME IS:



ONE HOBBY OR SPORT I WOULD LIKE TO IMPROVE AT IS:



ONE SKILL I WOULD LIKE TO DEVELOP IS:



PICK ONE GOAL  
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# GOAL SETTING



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PICK ONE GOAL  
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# GOAL SETTING



ONE THING I WOULD LIKE TO IMPROVE IN SCHOOL IS:



ONE THING I WOULD LIKE TO IMPROVE AT HOME IS:



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PICK ONE GOAL  
TO FOCUS ON:



# SETTING



ONE THING I WOULD LIKE TO IMPROVE IN SCHOOL IS:



ONE THING I WOULD LIKE TO IMPROVE AT HOME IS:



ONE HOBBY OR SPORT I WOULD LIKE TO IMPROVE AT IS:



ONE SKILL I WOULD LIKE TO DEVELOP IS:



PICK ONE GOAL  
TO FOCUS ON:



# GOAL REACHING

## PLAYS

MY GOAL: \_\_\_\_\_



WHAT DO I NEED  
TO COMPLETE MY  
GOAL?

WHO CAN HELP ME  
REACH MY GOAL?

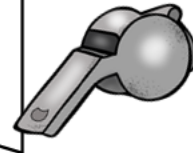


WHAT WILL  
MOTIVATE ME TO  
REACH MY GOAL?

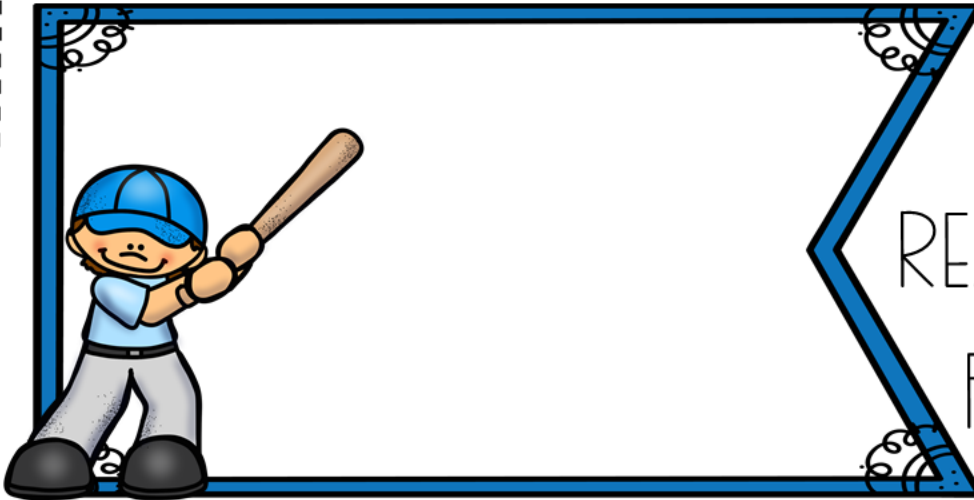
# GOAL REACHING



## PLAYS



MY GOAL: \_\_\_\_\_

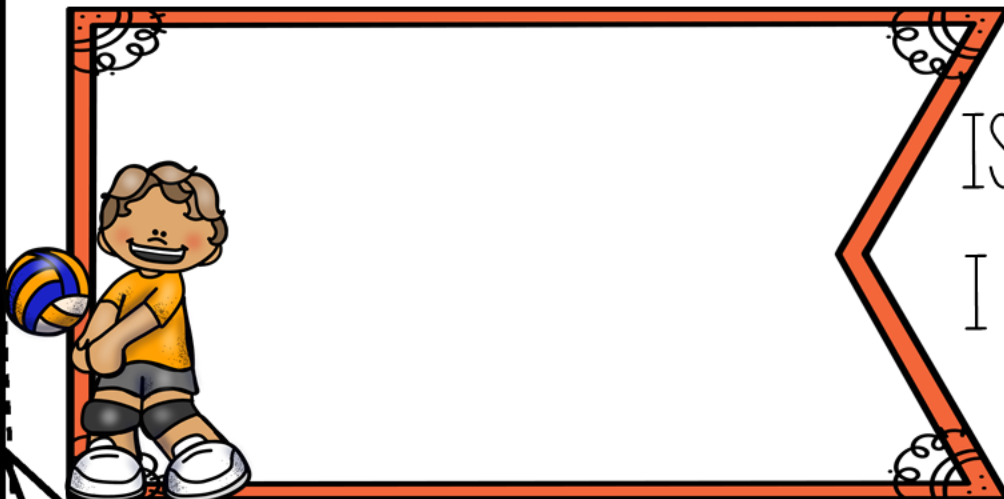


WHAT IS A  
REALISTIC DEADLINE  
FOR THIS GOAL?

HOW WILL I KNOW  
THE GOAL IS  
COMPLETED?



IS THIS SOMETHING  
I CAN REASONABLY  
ACHIEVE?



# GOAL REACHING

## FOULS



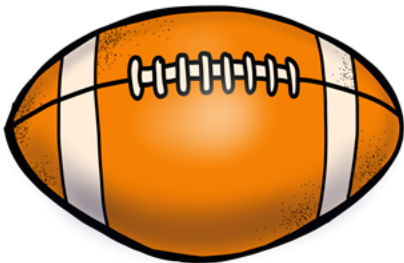
PROCRASTINATING



DOUBTING YOURSELF



DISCOUNTING THE GOAL



MAKING EXCUSES



NOT BEING REALISTIC

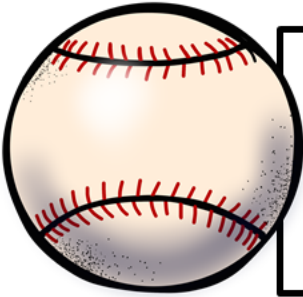
# GOAL REACHING

## F O U L S



### PROCRASTINATING

Putting something off until later, avoidance of doing a task that needs to be accomplished by a certain deadline.



### DOUBTING YOURSELF

Not believing in yourself, thinking that you cannot do something.



### DISCOUNTING THE GOAL

Telling yourself that the goal is not really as important to you as you thought, and acting like achieving it is not important to you.



### MAKING EXCUSES

Coming up with any reason for not working on your goal.



### NOT BEING REALISTIC

Not looking at your goal, or the world, accurately. It's about not being practical and setting unrealistic goals.









I AM NOT TALENTED ENOUGH TO MAKE THIS GOAL HAPPEN.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I REALLY DO NOT CARE IF I WIN, I ONLY ENTERED BECAUSE MY FRIEND DID.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I KNOW I AM GOING TO FAIL BECAUSE EVERYONE IS AGAINST ME.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I CAN'T DO IT BECAUSE THERE IS TOO MUCH GOING ON RIGHT NOW.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I WILL GET AROUND TO IT WHEN I FIND THE TIME.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I AM TOO SCARED TO FAIL SO I WILL NOT EVEN TRY.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I DO NOT THINK MUCH WILL CHANGE EVEN IF I ACHIEVE THE GOAL.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I WILL PROBABLY ACHIEVE THIS GOAL WITHOUT WORKING HARD ON IT.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I CAN'T PRACTICE FOR MY GOAL BECAUSE I AM TOO DISTRACTED.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I WILL WORK ON THIS GOAL TOMORROW, I AM TOO BUSY RIGHT NOW.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I CAN'T REACH MY GOAL BECAUSE NO ONE IS HELPING ME.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I CAN'T DO IT BECAUSE IT'S TOO HARD.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I MIGHT AS WELL GIVE UP BECAUSE I HAVE NEVER ACHIEVED A GOAL I SET FOR MYSELF.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I WILL NEVER COMPLETE THE GOAL IN TIME, I MIGHT AS WELL GIVE UP.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



NO ONE ELSE IS REACHING THIS GOAL, SO I DON'T NEED TO EITHER.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I CAN REACH THIS GOAL IF I CRAM IT ALL IN LAST MINUTE.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I DOUBT I CAN REACH THIS GOAL BECAUSE THE WORLD IS AGAINST ME.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I CAN COMPLETE THIS GOAL IN HALF THE TIME.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I CAN'T REACH MY GOAL BECAUSE I DON'T HAVE WHAT OTHERS HAVE.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



THIS IS JUST NOT THE RIGHT TIME TO WORK ON THIS GOAL, MAYBE LATER.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I AM NOT SMART ENOUGH TO BE ABLE TO COMPLETE THIS GOAL.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I WOULD BE ABLE TO REACH MY GOAL IF IT WASN'T FOR THE BIG GAME BEING ON.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I HAVEN'T CHECKED ON MY GOAL COMPLETION BUT I AM SURE I WILL STILL REACH IT.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I WILL START ON THIS GOAL RIGHT AFTER MY FAVORITE SHOWS END.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I DO NOT CARE ABOUT THIS GOAL, I JUST DID IT BECAUSE MY PARENTS WANT ME TO.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I AM JUST NOT STRONG ENOUGH TO COMPLETE THIS GOAL.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I HAVE 10 GOALS RIGHT NOW THAT I AM FOCUSED ON.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



THIS GOAL IS NOT REALLY AS IMPORTANT TO ME AS I THOUGHT IT WAS.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I REALLY WANTED TO COMPLETE THIS GOAL BUT SOMETHING CAME UP.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



THINGS WILL BE JUST FINE EVEN IF I DON'T ACCOMPLISH THIS GOAL.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I AM NOT SURE ABOUT THIS GOAL, IT MIGHT BE TOO MUCH FOR ME.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I WILL FOCUS MORE ON THIS GOAL NEXT YEAR.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



THIS GOAL IS SILLY, I DO NOT KNOW WHY I EVEN SET IT IN THE FIRST PLACE.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I DO NOT ACTUALLY THINK I CAN ACHIEVE THIS GOAL.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



THIS GOAL IS IMPOSSIBLE FOR ANYONE TO REACH.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I DO NOT EVEN CARE IF I COMPLETE THIS GOAL OR NOT.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



OTHERS CAN REACH THIS GOAL EASILY, FOR ME IT IS TOO DIFFICULT.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I WILL PROBABLY REACH THIS GOAL EVENTUALLY.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



EVEN IF I WORK REALLY HARD AT THIS, I WILL NOT ACHIEVE IT.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



MY TEACHER WANTED ME TO DO THIS, I DO NOT CARE ABOUT IT.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



WHAT KIND OF GOAL REACHING FOUL IS THIS?  
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WHY IS IT HARMFUL TO REACHING A GOAL?



WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?

# ANSWER KEY

1. DOUBTING YOURSELF
2. DISCOUNTING THE GOAL
3. NOT BEING REALISTIC
4. MAKING EXCUSES
5. PROCRASTINATION
6. DOUBTING YOURSELF
7. DISCOUNTING THE GOAL
8. NOT BEING REALISTIC
9. MAKING EXCUSES
10. PROCRASTINATION
11. MAKING EXCUSES
12. DOUBTING YOURSELF
13. DOUBTING YOURSELF
14. MAKING EXCUSES
15. DISCOUNTING THE GOAL
16. PROCRASTINATION
17. NOT BEING REALISTIC
18. NOT BEING REALISTIC
19. MAKING EXCUSES
20. PROCRASTINATION
21. DOUBTING YOURSELF
22. MAKING EXCUSES
23. NOT BEING REALISTIC
24. PROCRASTINATION
25. DISCOUNTING THE GOAL
26. DOUBTING YOURSELF
27. NOT BEING REALISTIC
28. DISCOUNTING THE GOAL
29. PROCRASTINATION
30. DISCOUNTING THE GOAL
31. MAKING EXCUSES
32. PROCRASTINATION
33. DISCOUNTING THE GOAL
34. DOUBTING YOURSELF
35. NOT BEING REALISTIC
36. DISCOUNTING THE GOAL
37. DOUBTING YOURSELF
38. PROCRASTINATION
39. DOUBTING YOURSELF
40. DISCOUNTING THE GOAL

# GOAL SETTING

## PLAYS

### Objective:

- \*Students will set a goal and create a plan to achieve that goal.
- \*Students will identify negative behaviors that prevent goal completion.

### Materials:

- \*Printout of Types of goal reaching fouls.
- \*Printout of sports balls/fouls and sorting cards (cut out in advance).
- \*goal reaching plays handouts (one per student).

### Guiding Questions

- \*why are setting goals important to being successful?
- \*Why is it important to recognize behaviors that prevent us from reaching our goals?

### ASCA Standards Alignment:

- \*Mindset: (M 5) Belief in using abilities to their fullest to achieve high-quality results and outcomes.
- \*Behavior: Learning Strategies: (B-LS 7) Identify long and short term academic, career, and social/emotional goals.
- \*Behavior: Self-management skills: (B-SMS 5) Demonstrate perseverance to achieve long and short term goals.

### SEL Competencies:

- \*Self-management: self-discipline, self-motivation, goal setting.
- \*Responsible decision making: Identifying problems, analyzing situations, solving problems.

### Activity Details (about 30 min):

\*Say "In sports, scoring goals are very important to winning a game. In life, setting goals are important to be successful in any area of your life. Let's start by thinking of goals we would like to set in different areas in our life." pass out one per student the "goal Setting" handout (let students pick which sport theme they like). Have students complete it and then pick one goal of those to focus on. After, pass out the "goal reaching plays" handouts. Say "Now that we picked one goal to focus on, we are going to break it down into smaller tasks, that way our goal is reachable. We also need to select a realistic deadline for each task to be completed by." Assist students coming up with this. "Great, we have a plan of how we are going to accomplish this goal. Now, we need to try to predict any possible things that could get in our way of achieving this goal, or obstacles. Think of 3 possible obstacles you may have and then come up with solutions. The plan is really coming together, we also need to think through a few more things to plan to reach our goal." have students work on completing the next 2 goal reaching plays pages.

\*place each of the balls on the table and a pile of the sorting cards. Discuss the different types of goal reaching fouls using the handout. Say "goal reaching fouls are thoughts and behaviors that keep us from achieving our goals. If we are able to recognize these, then we can prevent ourselves from doing them. One popular foul is called procrastination, this means putting something off until later. Another foul is called doubting yourself, this is about not believing in yourself. The next foul is discounting the goal, this means telling yourself that the goal is not really as important to you as you thought, and acting like achieving it is not important to you. Another very common foul is called making excuses, which is about coming up with any reason for not working on your goal. The last foul is not being realistic, this means not looking at your goal, or the world, accurately. It's not being practical, when we set unrealistic goals it can be discouraging. It is better to set small attainable goals with a well thought out plan. Let's practice recognizing these fouls, take turns picking up a card and read what is on it, then decide which ball (or foul) it is and place it under that ball (sorting)." guide the discussion using the questions on the card.

# GOAL SETTING



ONE THING I WOULD LIKE TO IMPROVE IN SCHOOL IS:



ONE THING I WOULD LIKE TO IMPROVE AT HOME IS:



ONE HOBBY OR SPORT I WOULD LIKE TO IMPROVE AT IS:



ONE SKILL I WOULD LIKE TO DEVELOP IS:



PICK ONE GOAL  
TO FOCUS ON:

# GOAL SETTING



ONE THING I WOULD LIKE TO IMPROVE IN SCHOOL IS:



ONE THING I WOULD LIKE TO IMPROVE AT HOME IS:



ONE HOBBY OR SPORT I WOULD LIKE TO IMPROVE AT IS:



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PICK ONE GOAL  
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# GOAL SETTING



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ONE THING I WOULD LIKE TO IMPROVE AT HOME IS:



ONE HOBBY OR SPORT I WOULD LIKE TO IMPROVE AT IS:

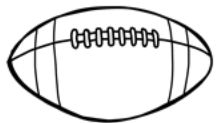


ONE SKILL I WOULD LIKE TO DEVELOP IS:

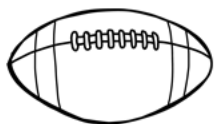


PICK ONE GOAL  
TO FOCUS ON:

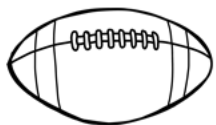
# GOAL SETTING



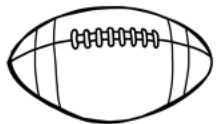
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PICK ONE GOAL  
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# SETTING



ONE THING I WOULD LIKE TO IMPROVE IN SCHOOL IS:



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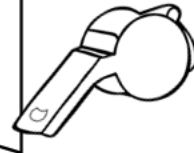
PICK ONE GOAL  
TO FOCUS ON:



# GOAL REACHING



## PLAYS



MY GOAL: \_\_\_\_\_



WHAT DO I NEED  
TO COMPLETE MY  
GOAL?

WHO CAN HELP ME  
REACH MY GOAL?

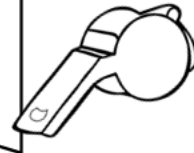


WHAT WILL  
MOTIVATE ME TO  
REACH MY GOAL?

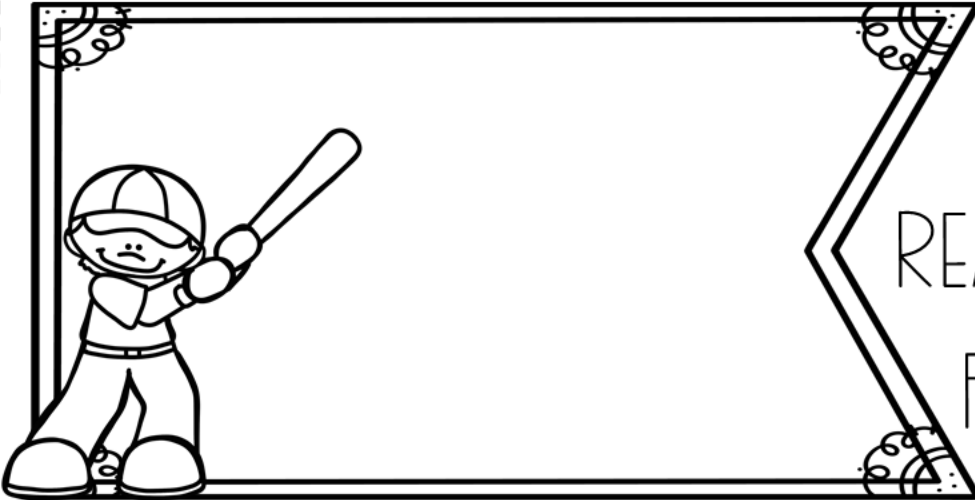
# GOAL REACHING



# PLAYS



MY GOAL: \_\_\_\_\_

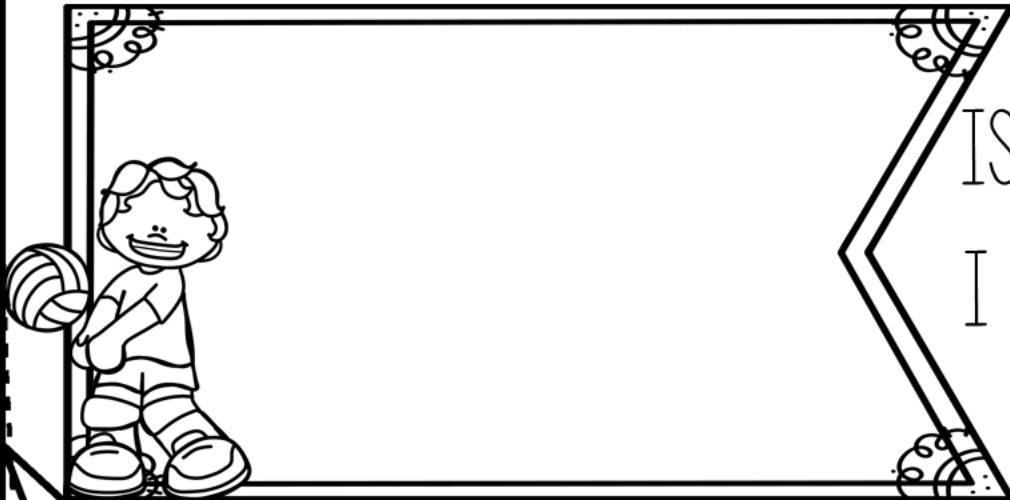


WHAT IS A  
REALISTIC DEADLINE  
FOR THIS GOAL?

HOW WILL I KNOW  
THE GOAL IS  
COMPLETED?



IS THIS SOMETHING  
I CAN REASONABLY  
ACHIEVE?



# GOAL REACHING

## FOULS



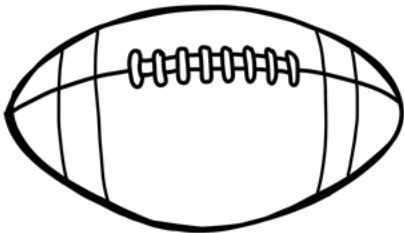
PROCRASTINATING



DOUBTING YOURSELF



DISCOUNTING THE GOAL



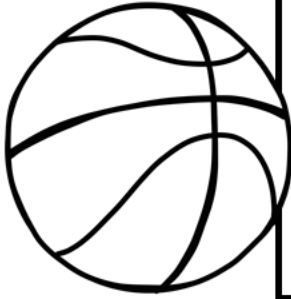
MAKING EXCUSES



NOT BEING REALISTIC

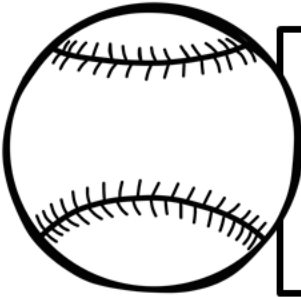
# GOAL REACHING

## F O U L S



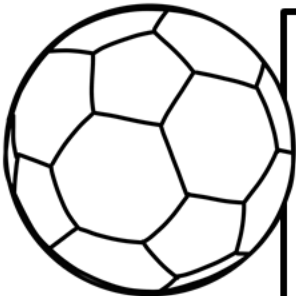
### PROCRASTINATING

Putting something off until later, avoidance of doing a task that needs to be accomplished by a certain deadline.



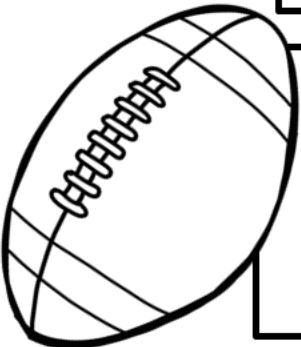
### DOUBTING YOURSELF

Not believing in yourself, thinking that you cannot do something.



### DISCOUNTING THE GOAL

Telling yourself that the goal is not really as important to you as you thought, and acting like achieving it is not important to you.



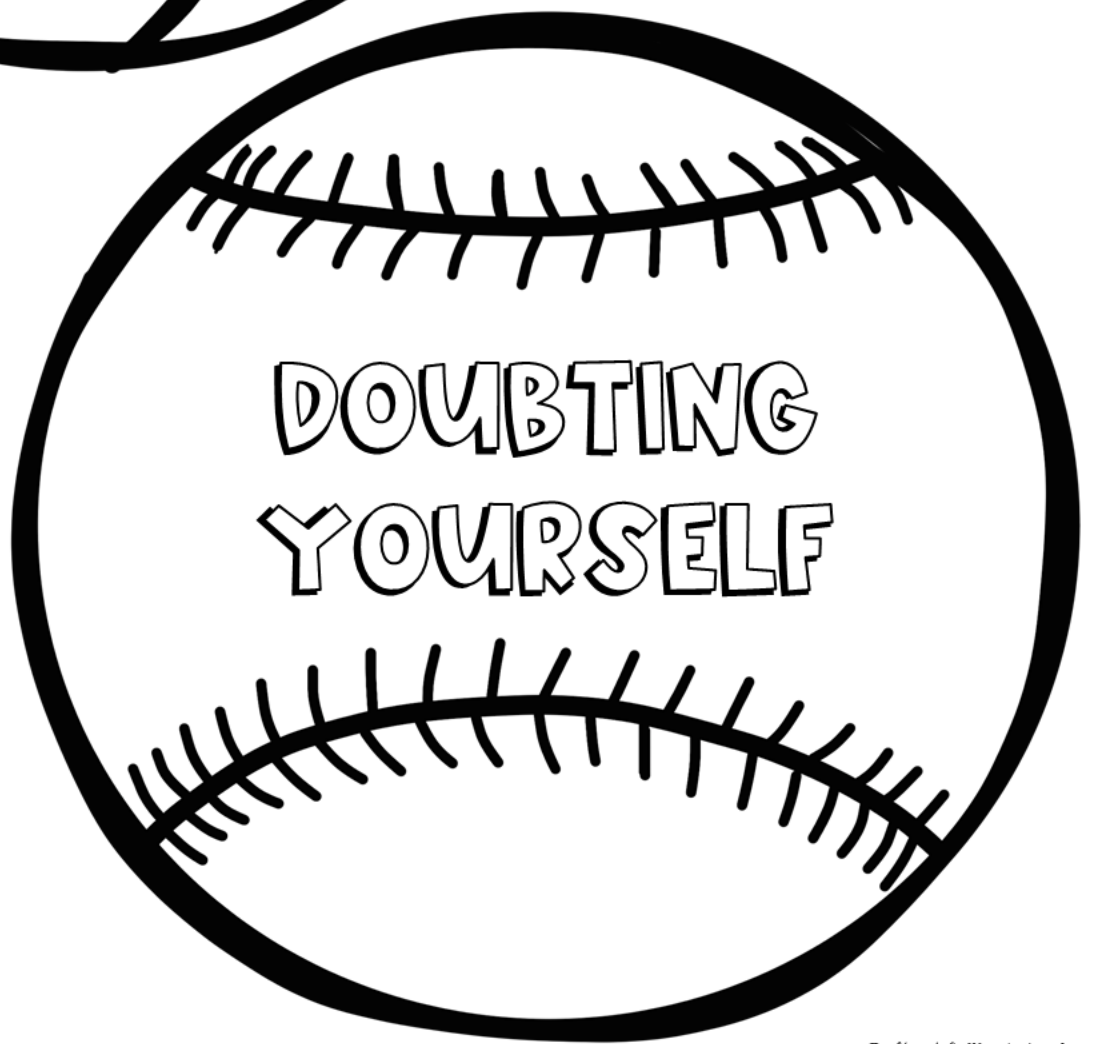
### MAKING EXCUSES

Coming up with any reason for not working on your goal.



### NOT BEING REALISTIC

Not looking at your goal, or the world, accurately. It's about not being practical and setting unrealistic goals.









I AM NOT TALENTED ENOUGH TO MAKE THIS GOAL HAPPEN.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I REALLY DO NOT CARE IF I WIN, I ONLY ENTERED BECAUSE MY FRIEND DID.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I KNOW I AM GOING TO FAIL BECAUSE EVERYONE IS AGAINST ME.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I CAN'T DO IT BECAUSE THERE IS TOO MUCH GOING ON RIGHT NOW.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I WILL GET AROUND TO IT WHEN I FIND THE TIME.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I AM TOO SCARED TO FAIL SO I WILL NOT EVEN TRY.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I DO NOT THINK MUCH WILL CHANGE EVEN IF I ACHIEVE THE GOAL.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I WILL PROBABLY ACHIEVE THIS GOAL WITHOUT WORKING HARD ON IT.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I CAN'T PRACTICE FOR MY GOAL BECAUSE I AM TOO DISTRACTED.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I WILL WORK ON THIS GOAL TOMORROW, I AM TOO BUSY RIGHT NOW.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I CAN'T REACH MY GOAL BECAUSE NO ONE IS HELPING ME.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I CAN'T DO IT BECAUSE IT'S TOO HARD.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I MIGHT AS WELL GIVE UP BECAUSE I HAVE NEVER ACHIEVED A GOAL I SET FOR MYSELF.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I WILL NEVER COMPLETE THE GOAL IN TIME, I MIGHT AS WELL GIVE UP.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



NO ONE ELSE IS REACHING THIS GOAL, SO I DON'T NEED TO EITHER.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I CAN REACH THIS GOAL IF I CRAM IT ALL IN LAST MINUTE.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I DOUBT I CAN REACH THIS GOAL BECAUSE THE WORLD IS AGAINST ME.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I CAN COMPLETE THIS GOAL IN HALF THE TIME.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I CAN'T REACH MY GOAL BECAUSE I DON'T HAVE WHAT OTHERS HAVE.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



THIS IS JUST NOT THE RIGHT TIME TO WORK ON THIS GOAL, MAYBE LATER.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I AM NOT SMART ENOUGH TO BE ABLE TO COMPLETE THIS GOAL.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I WOULD BE ABLE TO REACH MY GOAL IF IT WASN'T FOR THE BIG GAME BEING ON.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I HAVEN'T CHECKED ON MY GOAL COMPLETION BUT I AM SURE I WILL STILL REACH IT.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I WILL START ON THIS GOAL RIGHT AFTER MY FAVORITE SHOWS END.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I DO NOT CARE ABOUT THIS GOAL, I JUST DID IT BECAUSE MY PARENTS WANT ME TO.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I AM JUST NOT STRONG ENOUGH TO COMPLETE THIS GOAL.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I HAVE 10 GOALS RIGHT NOW THAT I AM FOCUSED ON.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



THIS GOAL IS NOT REALLY AS IMPORTANT TO ME AS I THOUGHT IT WAS.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I REALLY WANTED TO COMPLETE THIS GOAL BUT SOMETHING CAME UP.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



THINGS WILL BE JUST FINE EVEN IF I DON'T ACCOMPLISH THIS GOAL.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I AM NOT SURE ABOUT THIS GOAL, IT MIGHT BE TOO MUCH FOR ME.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I WILL FOCUS MORE ON THIS GOAL NEXT YEAR.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



THIS GOAL IS SILLY, I DO NOT KNOW WHY I EVEN SET IT IN THE FIRST PLACE.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I DO NOT ACTUALLY THINK I CAN ACHIEVE THIS GOAL.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



THIS GOAL IS IMPOSSIBLE FOR ANYONE TO REACH.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I DO NOT EVEN CARE IF I COMPLETE THIS GOAL OR NOT.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



OTHERS CAN REACH THIS GOAL EASILY, FOR ME IT IS TOO DIFFICULT.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



I WILL PROBABLY REACH THIS GOAL EVENTUALLY.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



EVEN IF I WORK REALLY HARD AT THIS, I WILL NOT ACHIEVE IT.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
WHY IS IT HARMFUL TO REACHING A GOAL?



MY TEACHER WANTED ME TO DO THIS, I DO NOT CARE ABOUT IT.

WHAT KIND OF GOAL REACHING FOUL IS THIS?  
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Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource into your Google Drive.

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Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

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5 From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

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Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

# ABOUT THE AUTHOR



## I'M ASHLEY

an Elementary School Counselor.

I have a B.A. in Psychology and an M.A. in School Counseling. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning. I am a wife, and mother to 2 young boys. Thank you for supporting my little shop.

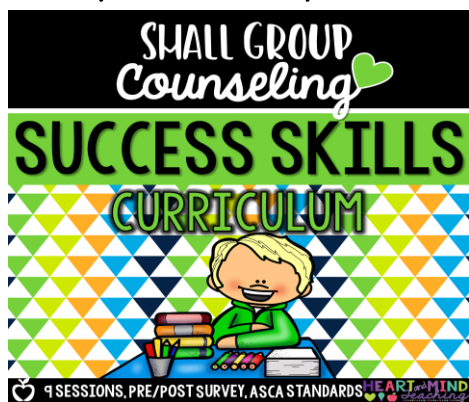
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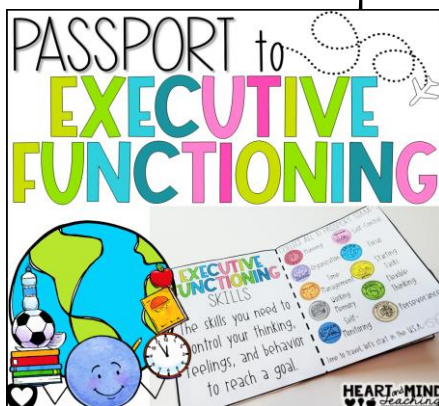
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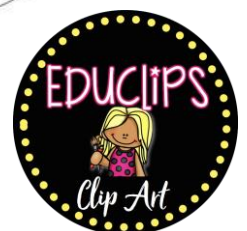
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