

○ MUSIC  city COUNSELOR

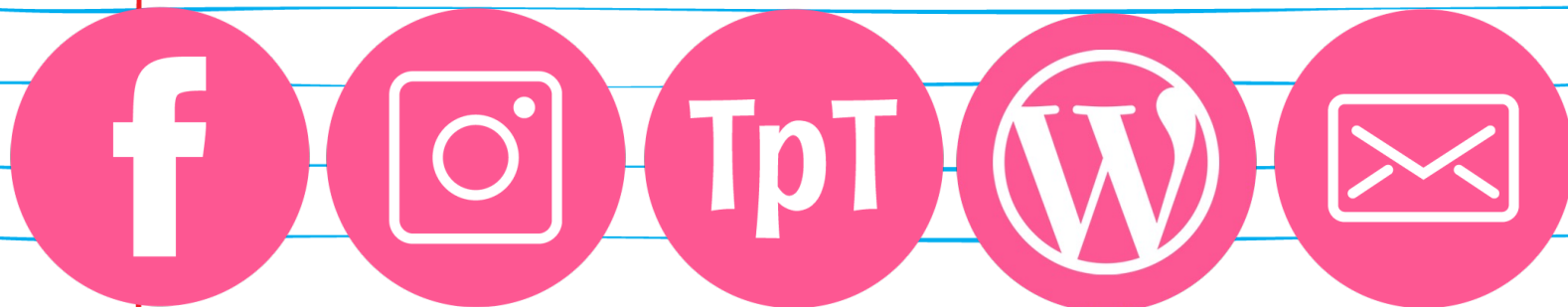
THANK YOU FOR YOUR PURCHASE!



Hey y'all, Laura here! I so appreciate when you please take a moment to leave a review on my resources on my TpT Store. Thanks for your support! Enjoy the resource!

♥ *laura oathout*

LET'S CONNECT!



For helpful ideas, engaging resources, and freebies, please check out my **website** and **membership**!

○ ♥ **WEBSITE:** www.musiccitycounselor.com

♥ **MEMBERSHIP:** www.counselorcollab.com

ASCA MINDSETS & BEHAVIORS:

Behavior Standards:

- B-LS 4: Self-motivation and self-direction for learning
- B-LS 7: Long- and short-term academic, career, and social-emotional goals
- B-SMS 1: Responsibility for self and actions
- B-SMS 2: Self-discipline and self-control
- B-SMS 4: Delayed gratification for long-term rewards
- B-SMS 5: Perseverance to achieve long- and short-term goals

DIRECTIONS PAGE I:

This lesson will take approximately 45 minutes to teach.

Recommended Sequence:

- Review the PowerPoint or digital for Google Slides™ **presentation** with students.
- Review (and display) the **goal-setting posters** with students.
- Use the **discussion cards** with students.
- Choose a **worksheet or coloring page** to close the lesson.

Presentation:

Both a PowerPoint and digital for Google Slides™ presentation are included. This presentation teaches students all about **goal-setting**. Students listen to a **story about a boy named Joshua** who dreams of being on the Meadowville soccer team. To help him achieve this goal, his friend Jamal teaches him **9 steps for goal-setting**. With these tips in mind, Joshua breaks down his goal into smaller steps and makes a plan to achieve it. Joshua works very hard in the coming weeks on his soccer skills and ends up making the team!

The presentation closes with **3 discussion questions** about the story and goal-setting. This is a great time to ask students to “**turn and talk**” with a partner, then share out their ideas with the class.

DIRECTIONS PAGE 2:

Posters:

11 instructional posters are included. These are great for practicing goal-setting with students, and for displaying in your space!

Discussion Cards:

12 discussion cards are included. The first 6 cards relate to the Joshua's Goal story. The next 6 cards are about goal-setting in general. Please cut them out. I recommend dividing students into small groups and giving each group 1-3 cards. Ask students to talk with their group about the question on their card. Then, students can share their ideas with the class.

Worksheets & Coloring Pages

Assorted worksheets and coloring pages are included to close the lesson. Please choose the ones that best fit the needs and abilities of your students, and the amount of time that you have!

Questions, comments, or suggestions? I'm here to help! Please contact me any time at laura@musiccitycounselor.com.

PS I SO appreciate when you please take a moment to leave a review on my resources on my TpT store. It earns you credits towards future purchases, helps other educators find quality resources, and helps my small business grow! 😊

POSTERS

9 Steps to GOAL-SETTING

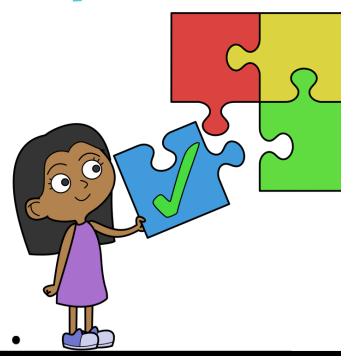
BRAINSTORM



CHOOSE



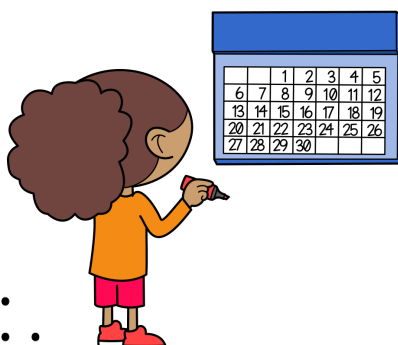
BE CLEAR



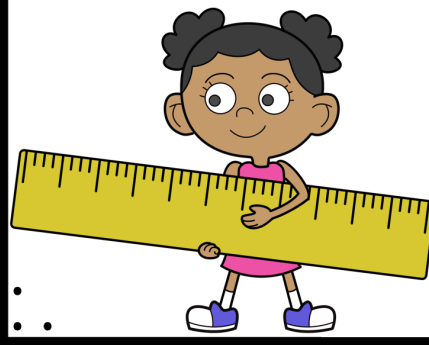
BREAK DOWN



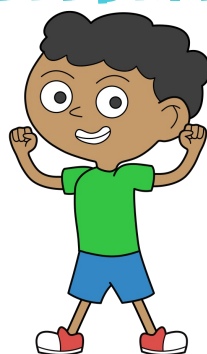
SET TIMELINE



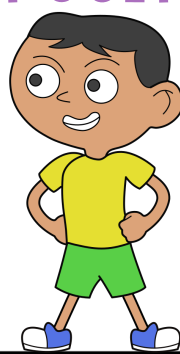
MEASURE



CELEBRATE



BE POSITIVE



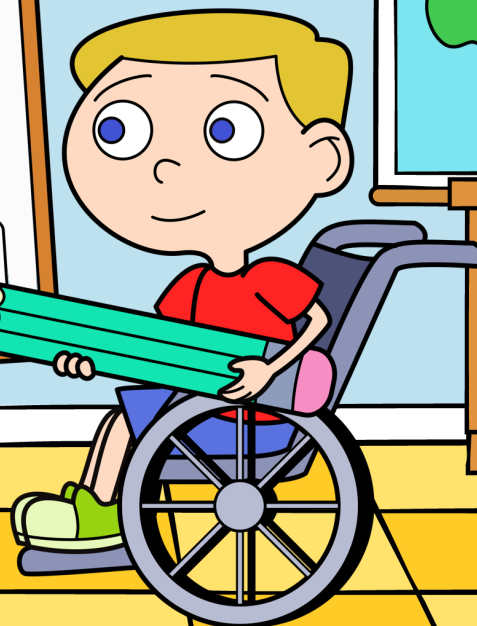
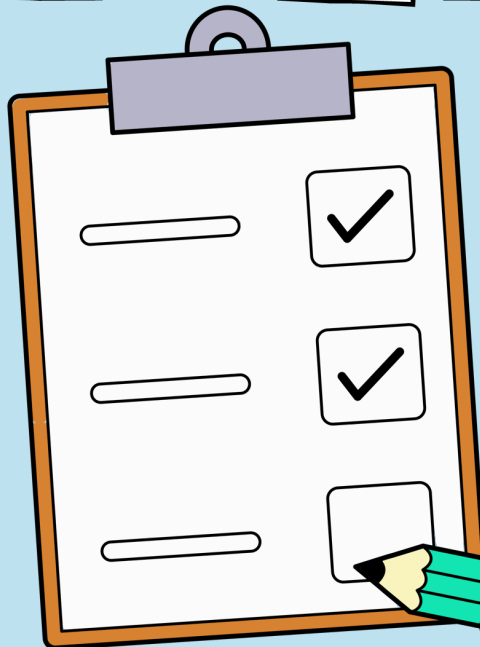
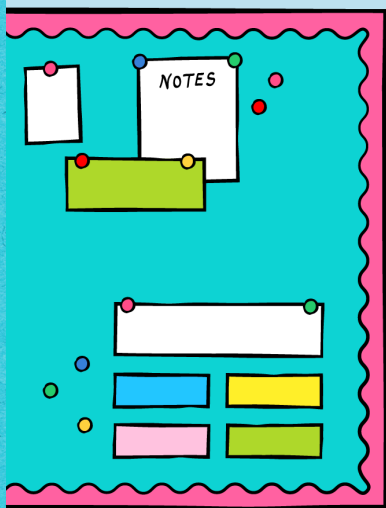
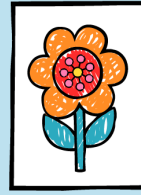
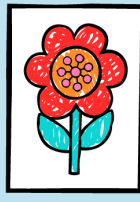
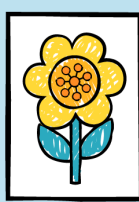
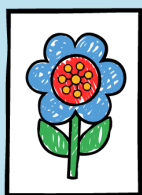
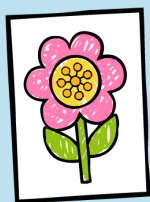
ACHIEVE IT!



What is

GOAL-SETTING?

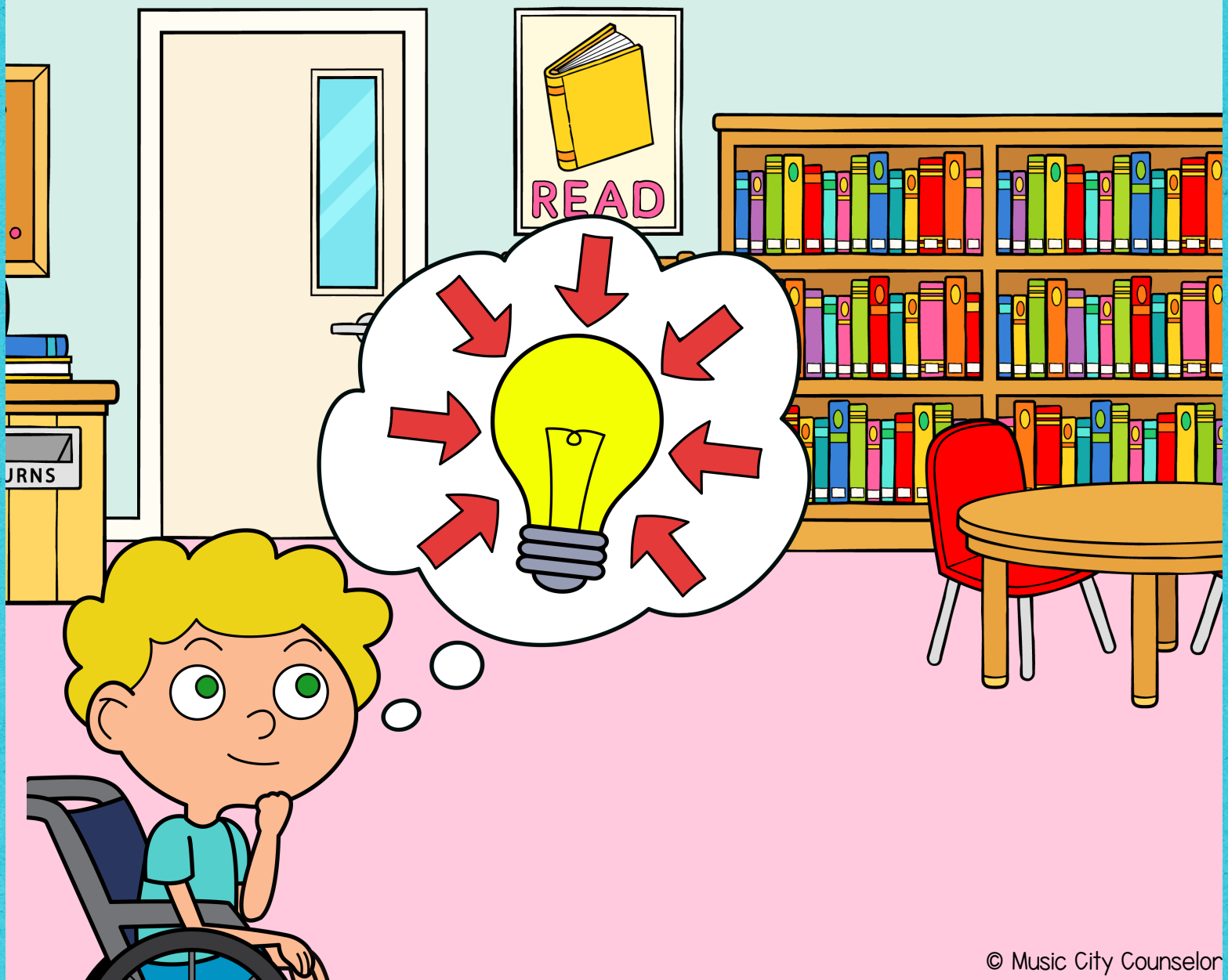
Choosing a dream or wish that you want to achieve. Then, making a plan to get there.



Goal-Setting Step 1

BRAINSTORM

Make a list of your interests, strengths, areas of growth, hopes, and dreams.



Goal-Setting Step 2

CHOOSE

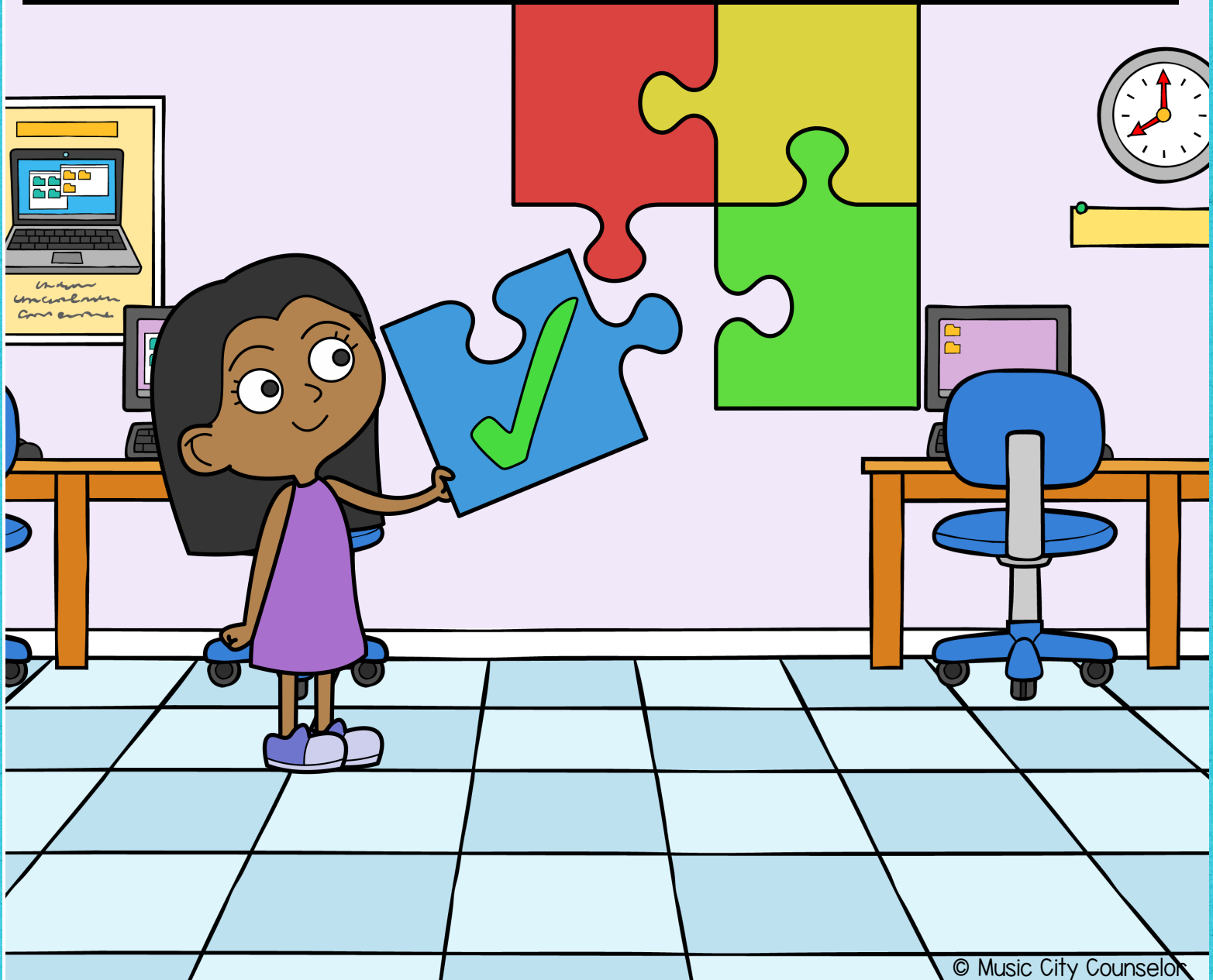
Which goal would you most like to achieve? Make sure it is realistic (not TOO hard!)



Goal-Setting Step 3

BE CLEAR

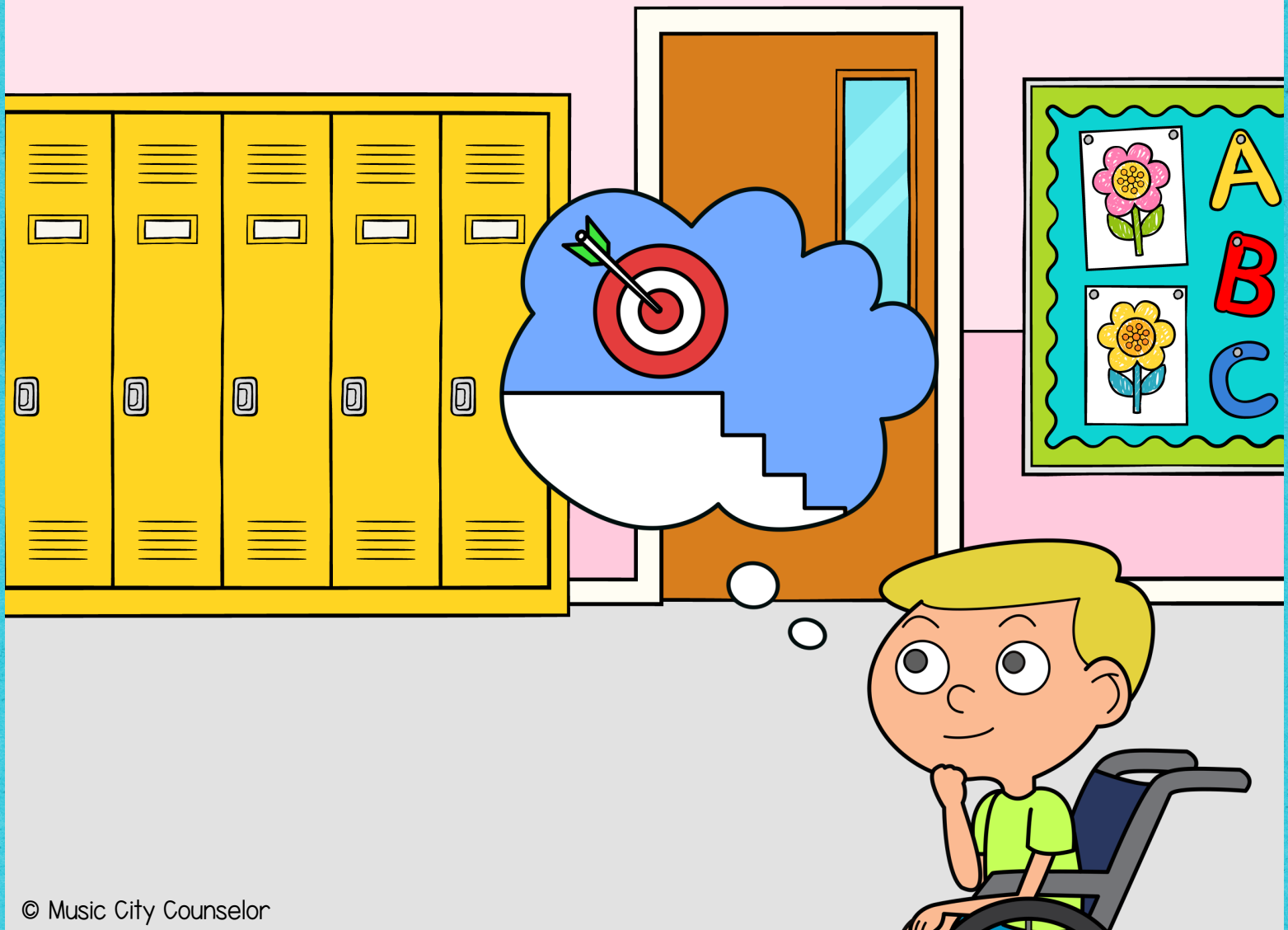
Make your goal clear. It should be specific so you understand exactly what you are working towards.



Goal-Setting Step 4

BREAK IT DOWN

Break down your goal into smaller steps. This makes it easier to work on and track progress, without getting overwhelmed.



Goal-Setting Step 5

SET A TIMELINE

Think about how long it will take you to achieve your goal. Pick an "end" date that works for you!



Goal-Setting Step 6

MEASURE PROGRESS

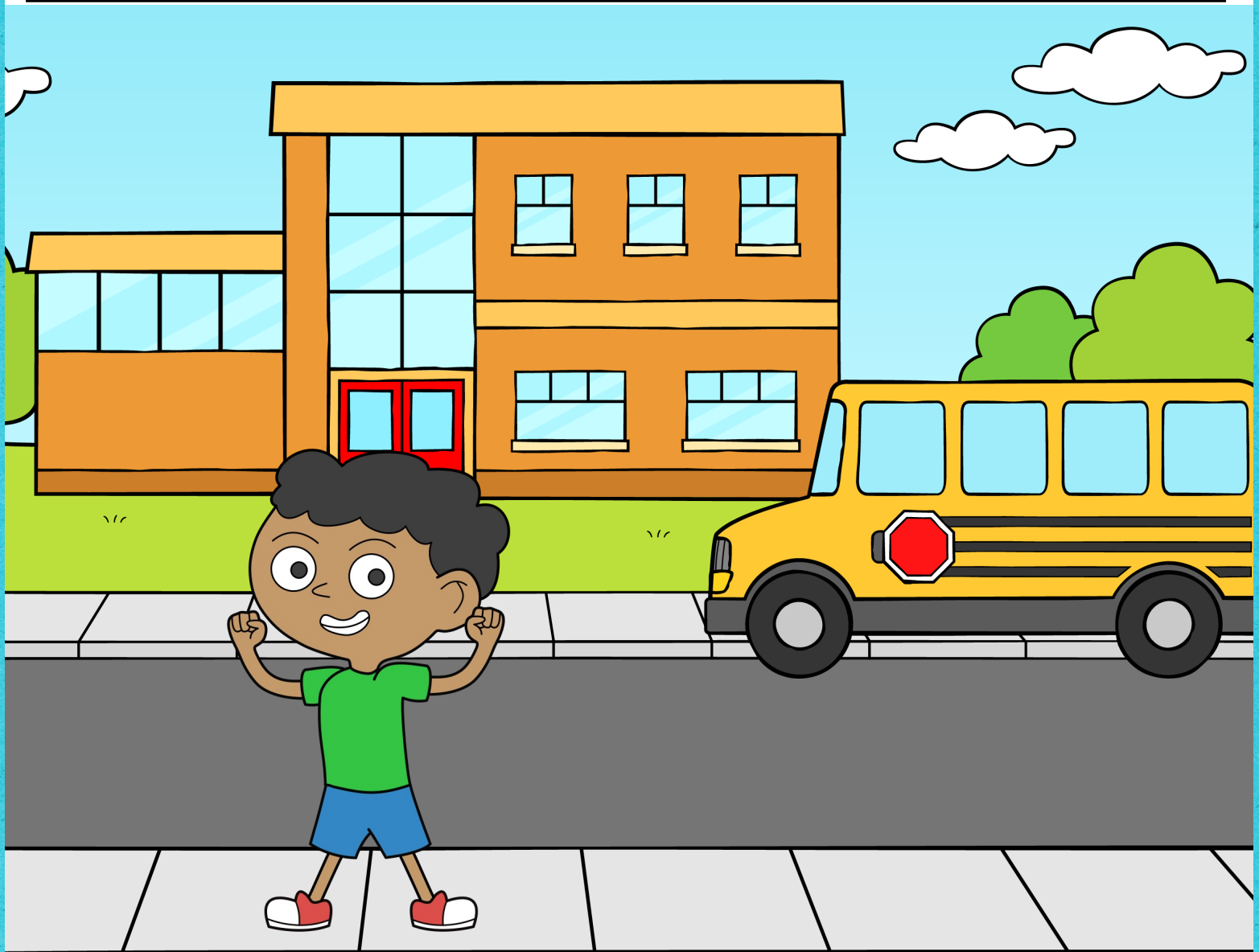
Track your progress. Try a simple chart, a to-do list, or a journal.



Goal-Setting Step 7

CELEBRATE WINS

Celebrate and reward yourself as you take small steps towards your goal!



Goal-Setting Step 8

THINK POSITIVE

Keep a positive attitude. Take ownership of your goal. Even when things get hard, don't give up!



Goal-Setting Step 9

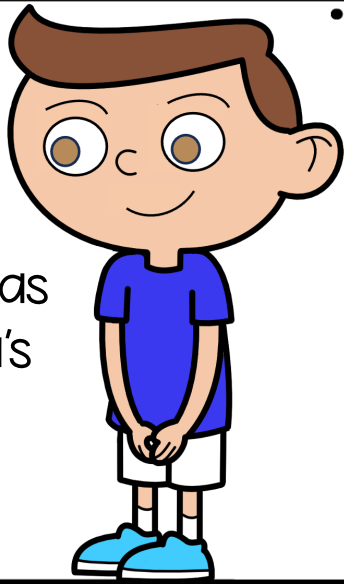
ACHIEVE IT!

It's time to celebrate - you achieved your goal! Reflect on your hard work and be proud!

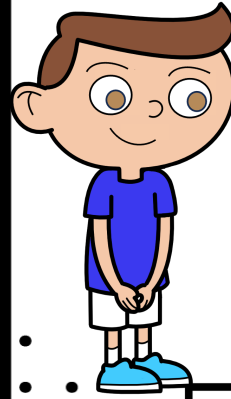


DISCUSSION CARDS

What was
Joshua's
goal?



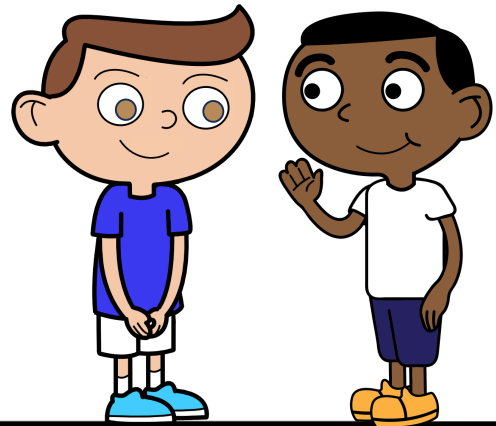
What was one of the steps
that Joshua took to achieve
his goal?



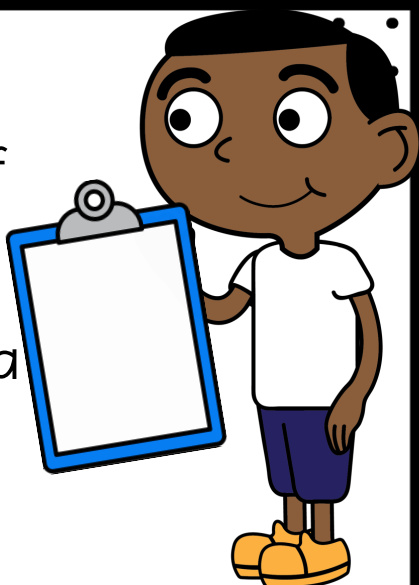
Was Joshua's goal realistic?
Why or why not?



How did Jamal help
Joshua?



Name 2 of
Jamal's 9
steps to
achieving a
goal.

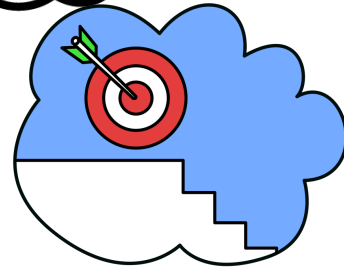


What did Joshua learn?

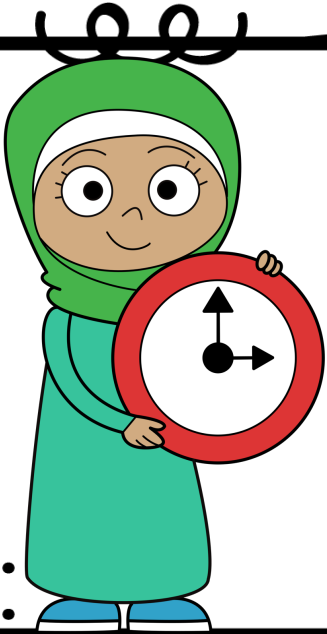




What does goal-setting mean?



What is a goal that you would like to achieve?



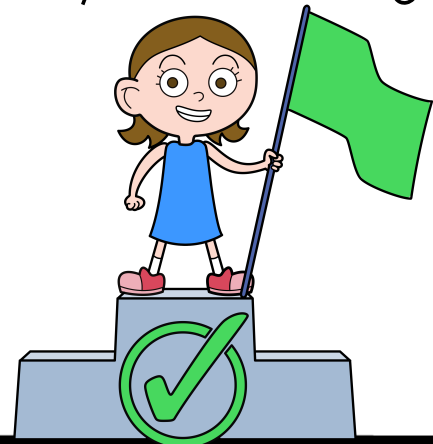
Why is it important to set a timeline for your goal?

Why is it important to make sure your goal is realistic?



Have you ever achieved a goal? Tell us about it!

How can you celebrate when you achieve a goal?

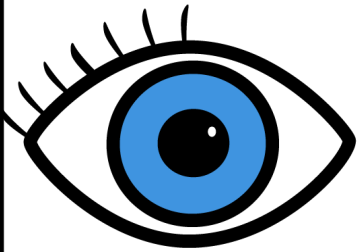


WORKSHEETS & COLORING PAGES

Name: _____

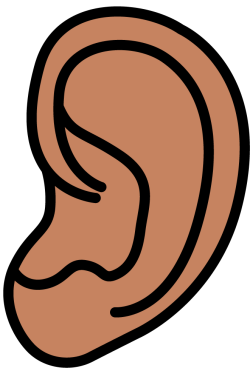
GOAL-SETTING

LOOKS LIKE



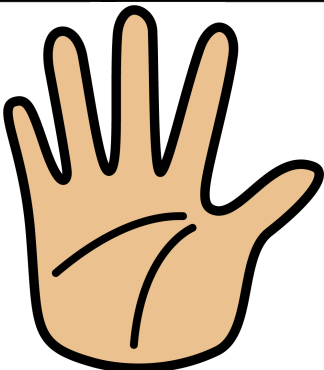
..

SOUNDS LIKE



..

FEELS LIKE

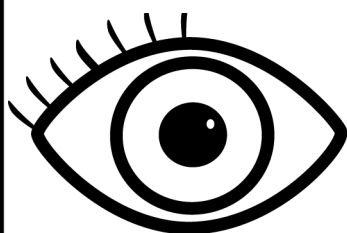


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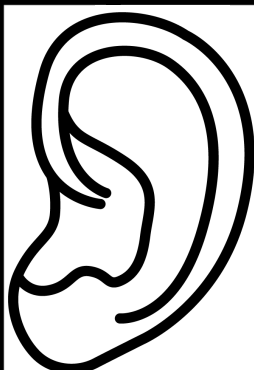
GOAL-SETTING

LOOKS LIKE



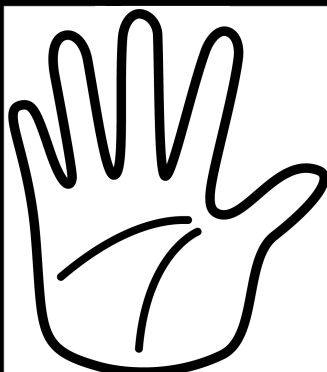
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SOUNDS LIKE



..

FEELS LIKE



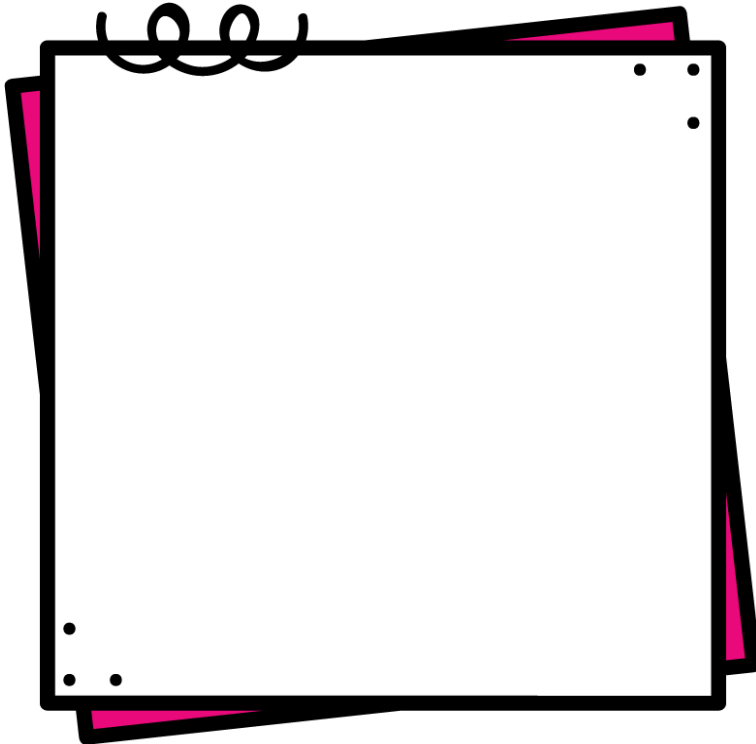
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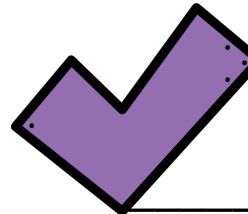
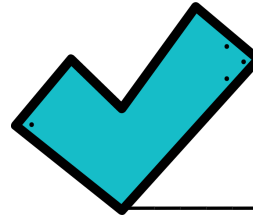
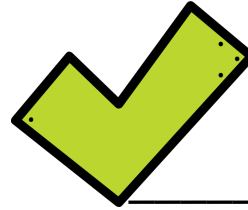
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GOAL-SETTING

Goal-setting
looks like:



3 of the goal-setting
steps are:



Goal-setting means:

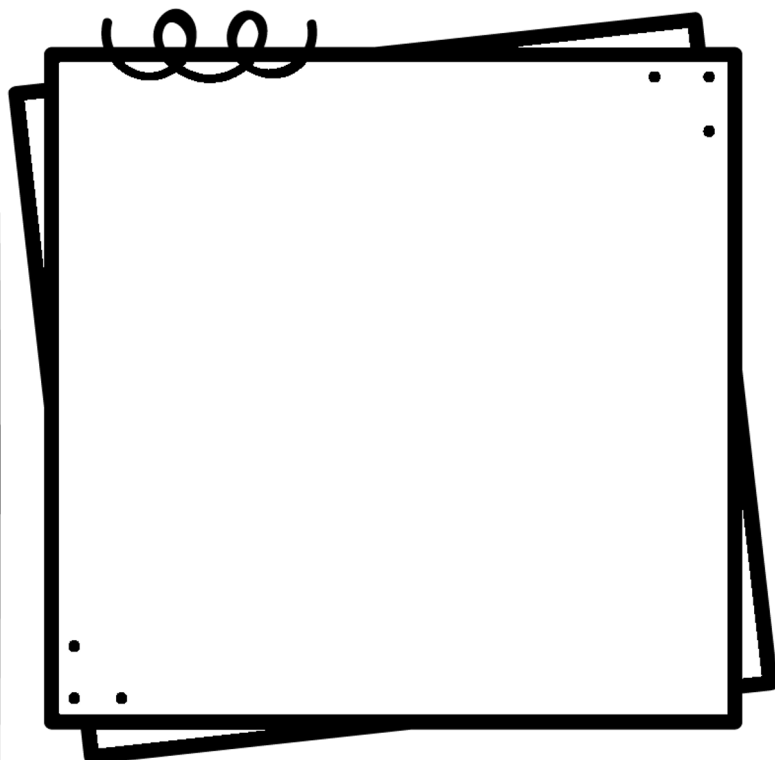


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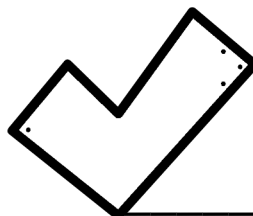
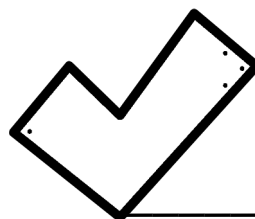
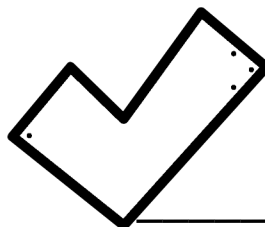
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GOAL-SETTING

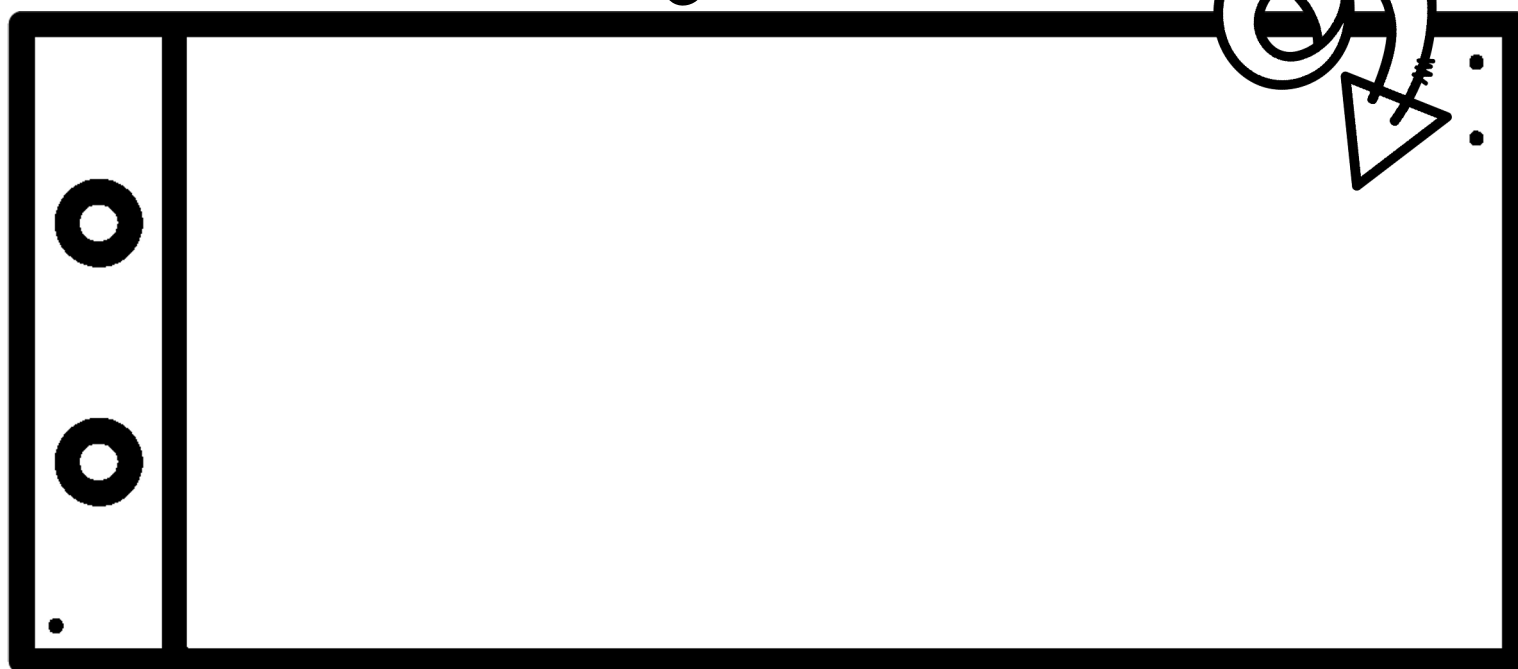
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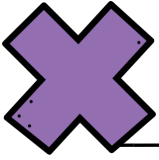
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GOAL-SETTING

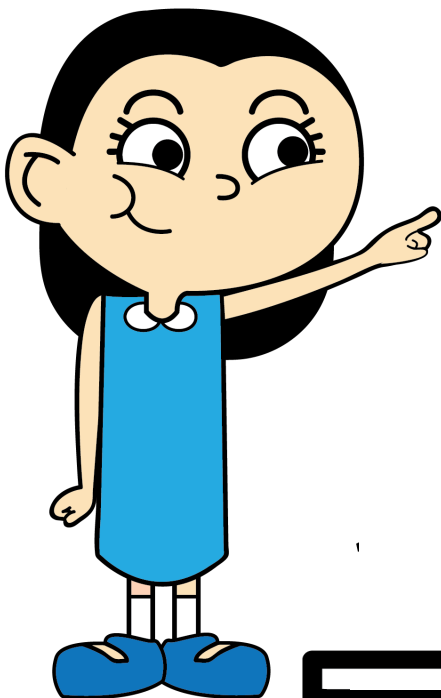
1 BRAINSTORM

Write 3 ideas for goals that you would like to achieve.



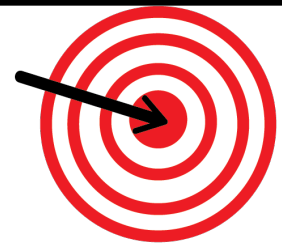
3 BREAK IT DOWN

Break down your goal into smaller steps and write each one on a step.

A graphic of a staircase with three steps, each containing a horizontal line for writing a step towards the goal.

2 CHOOSE

Write and draw about the goal that you would most like to work on.

A large rectangular box with a purple border and two circular punch holes on the left side, intended for drawing and writing about the chosen goal.

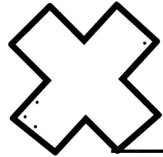
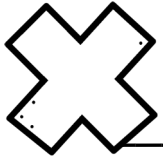
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GOAL-SETTING

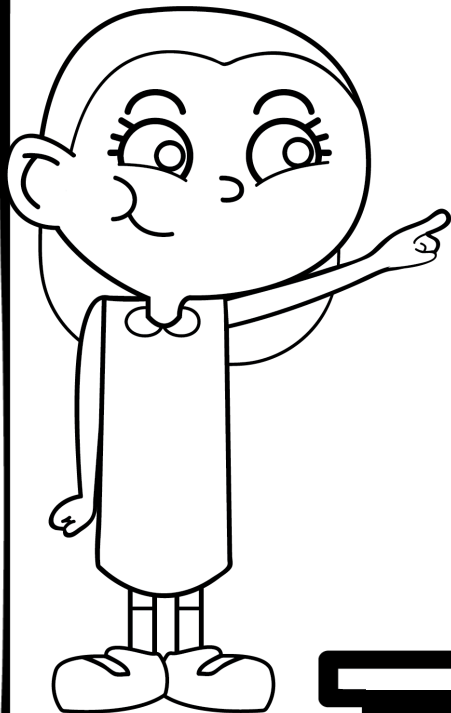
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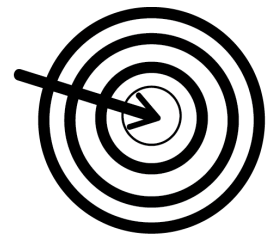
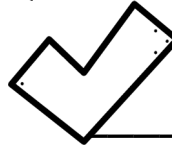
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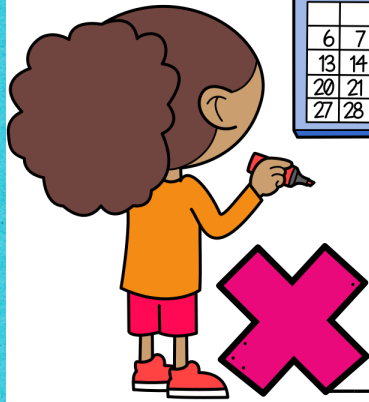
Name: _____

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GOAL-SETTING

4 SET A TIMELINE

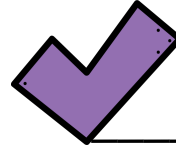
Choose a target "end" date for your goal.



		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

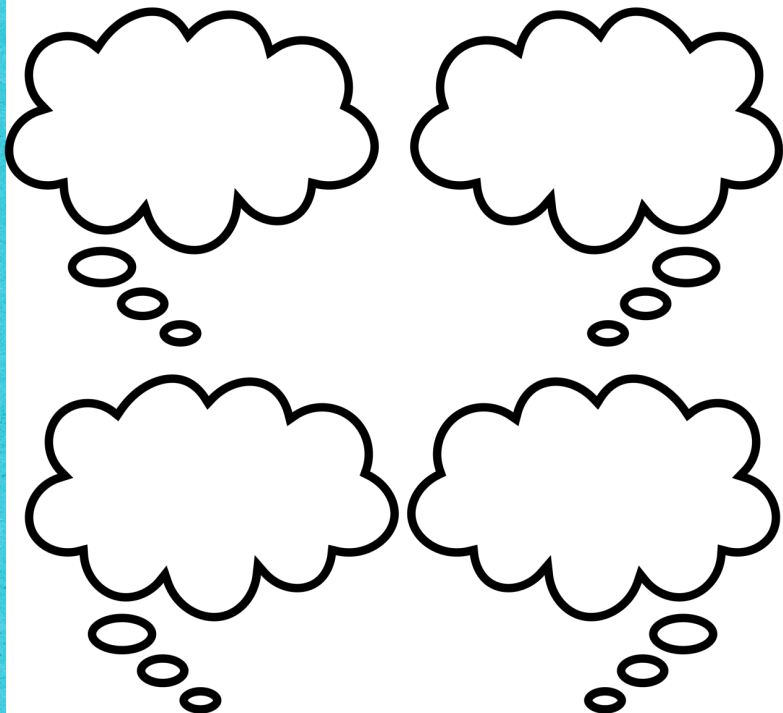
5 MEASURE PROGRESS

How will you track progress towards your goal?



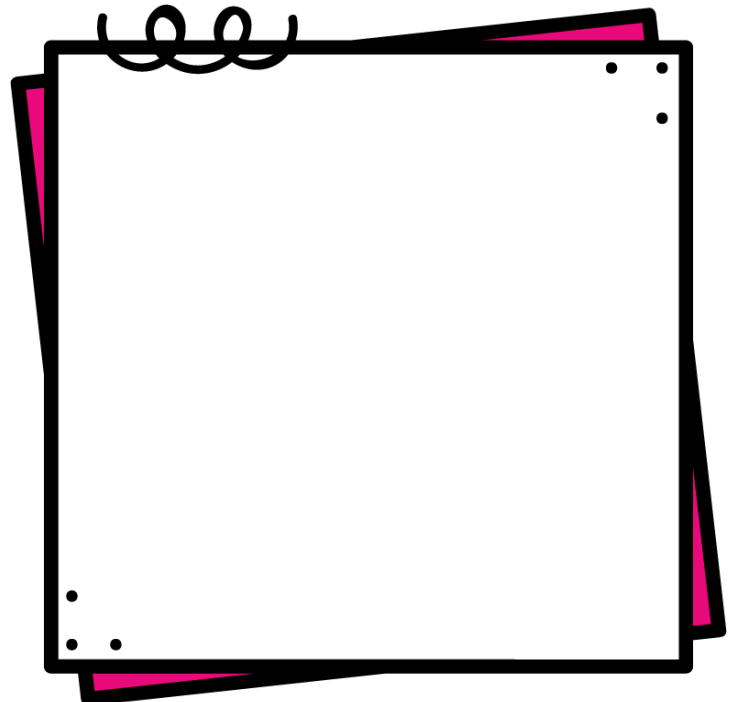
6 THINK POSITIVE

Write positive thoughts that motivate you in the thought bubbles.



7 CELEBRATE!

How will you know when you've achieved your goal? How will you celebrate? Draw about it!



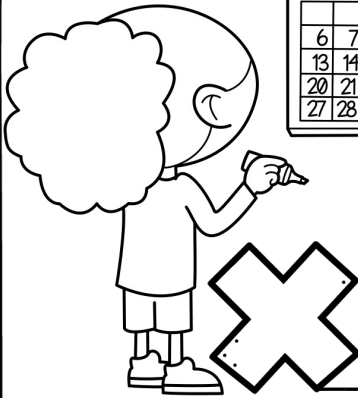
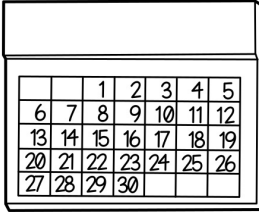
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GOAL-SETTING

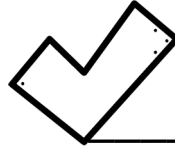
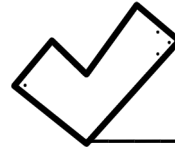
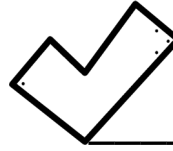
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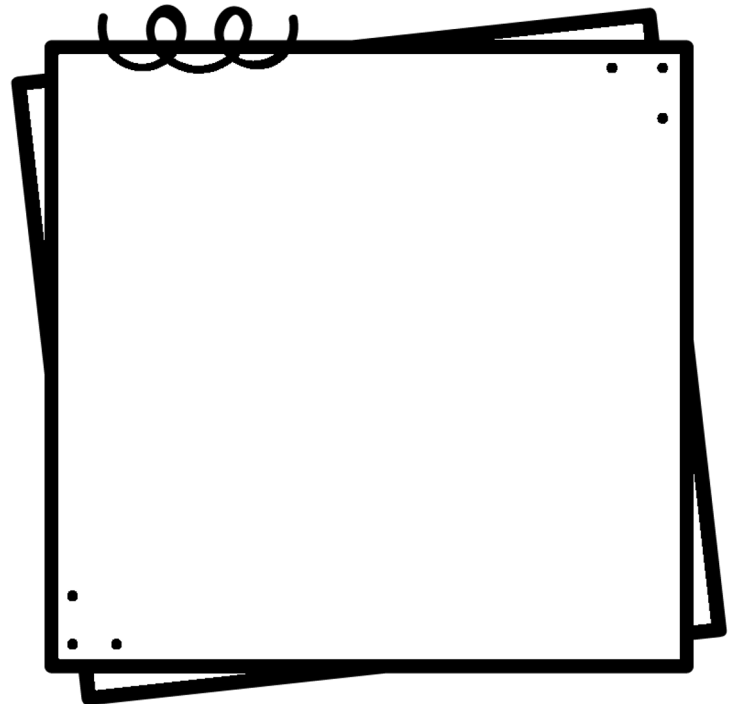
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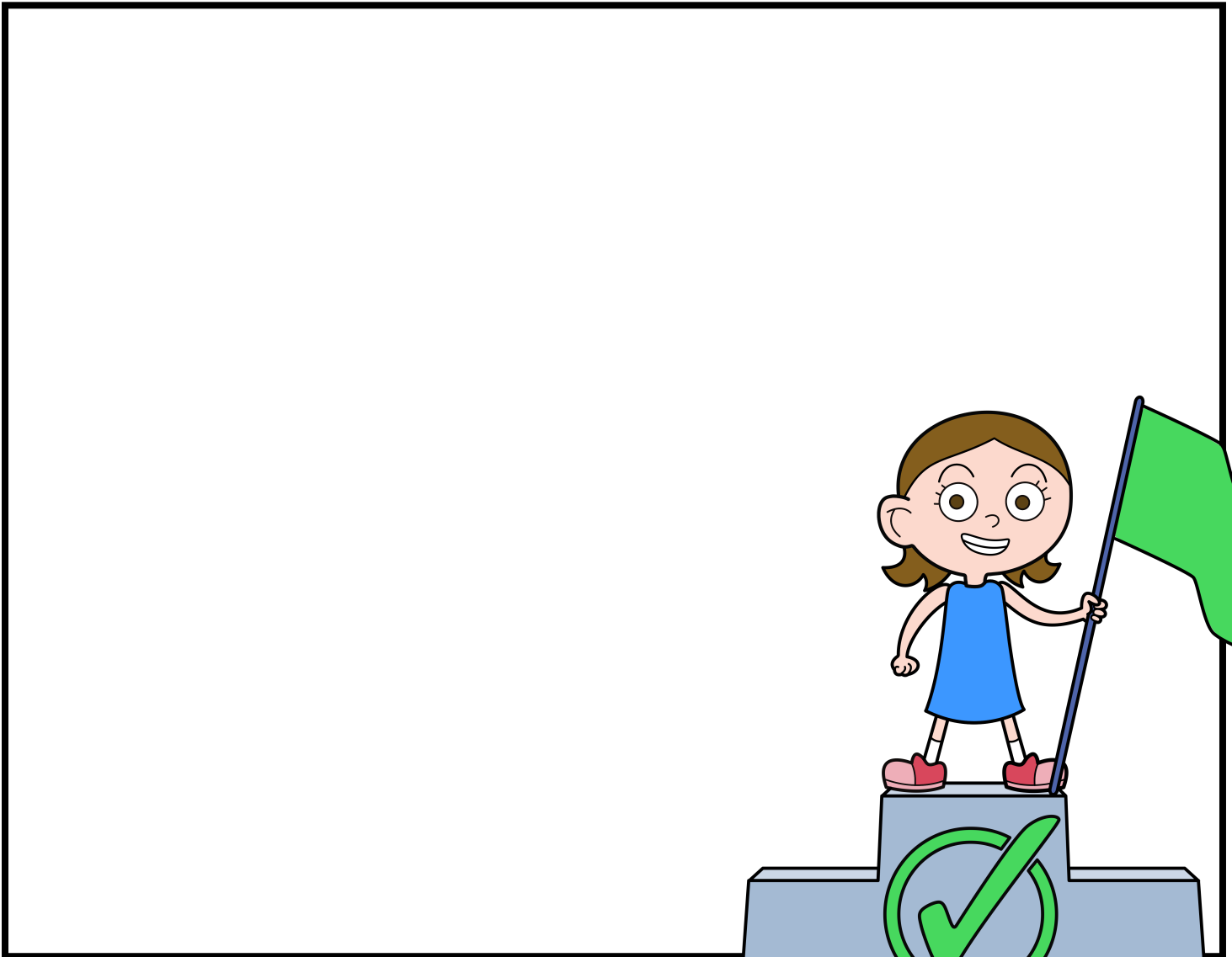
How will you know when you've achieved your goal? How will you celebrate? Draw about it!



Name: _____

GOAL-SETTING

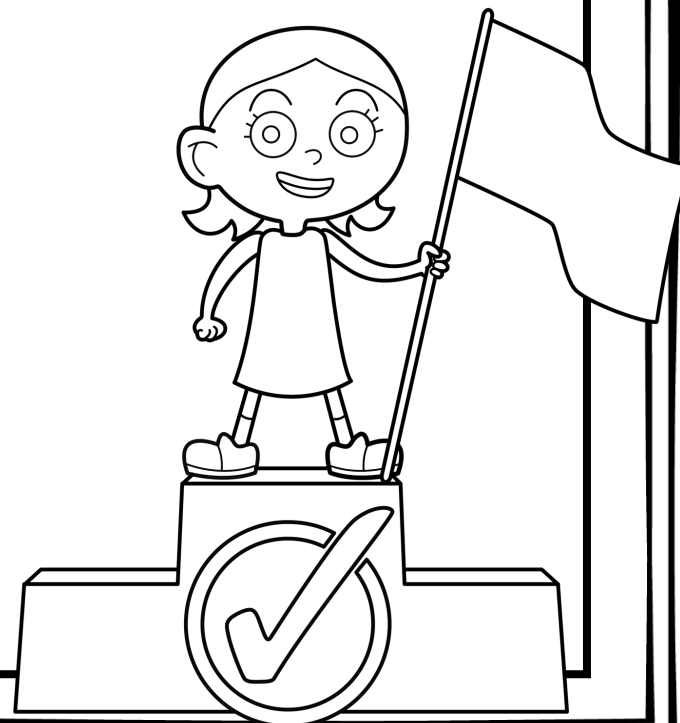
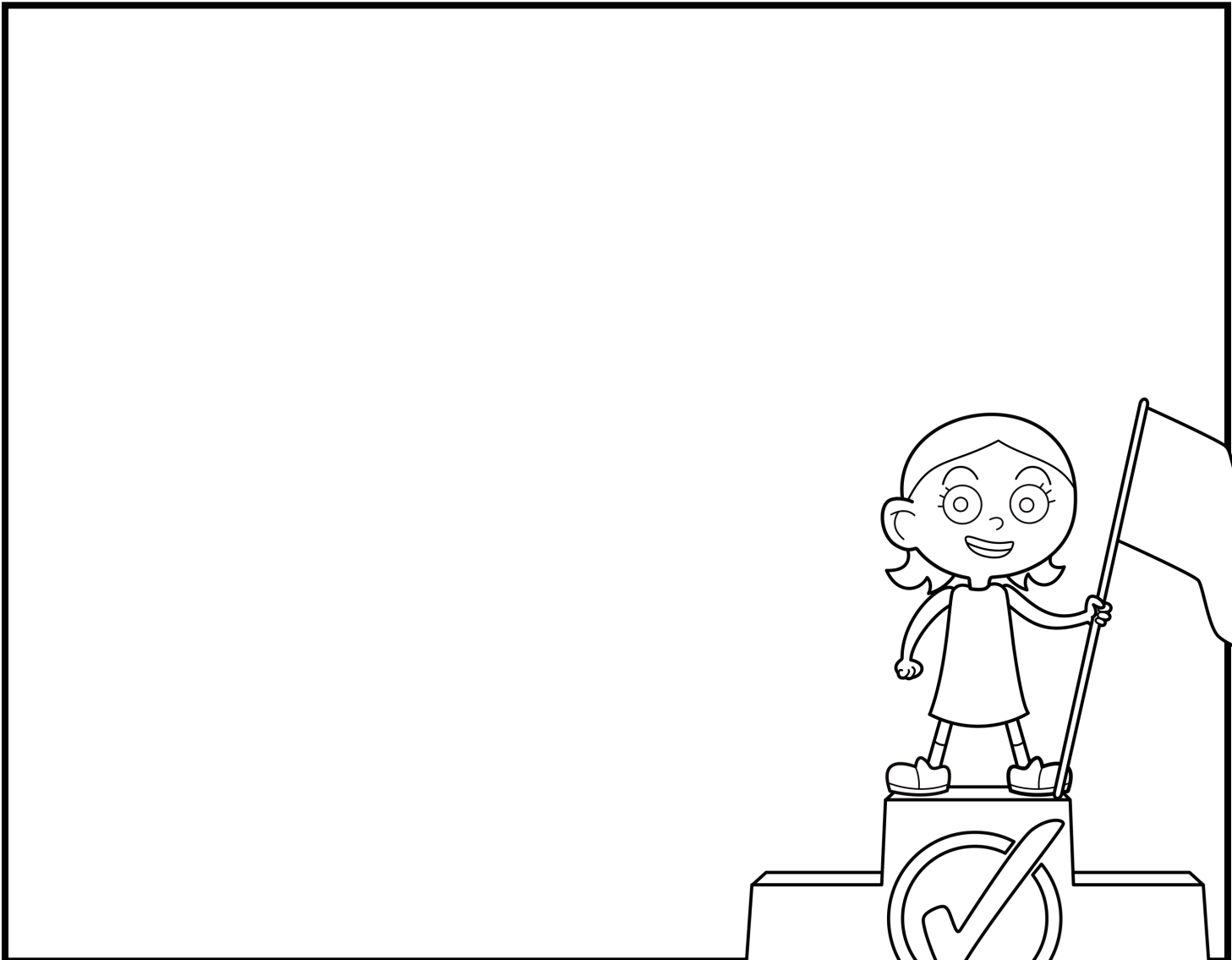
How will you know when you achieved your goal? Write and draw about it.



Name: _____

GOAL-SETTING

How will you know when you achieved your goal? Write and draw about it.



Name: _____

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GOAL-SETTING

Write positive, motivating thoughts inside of the thought bubbles to help you achieve your goal.



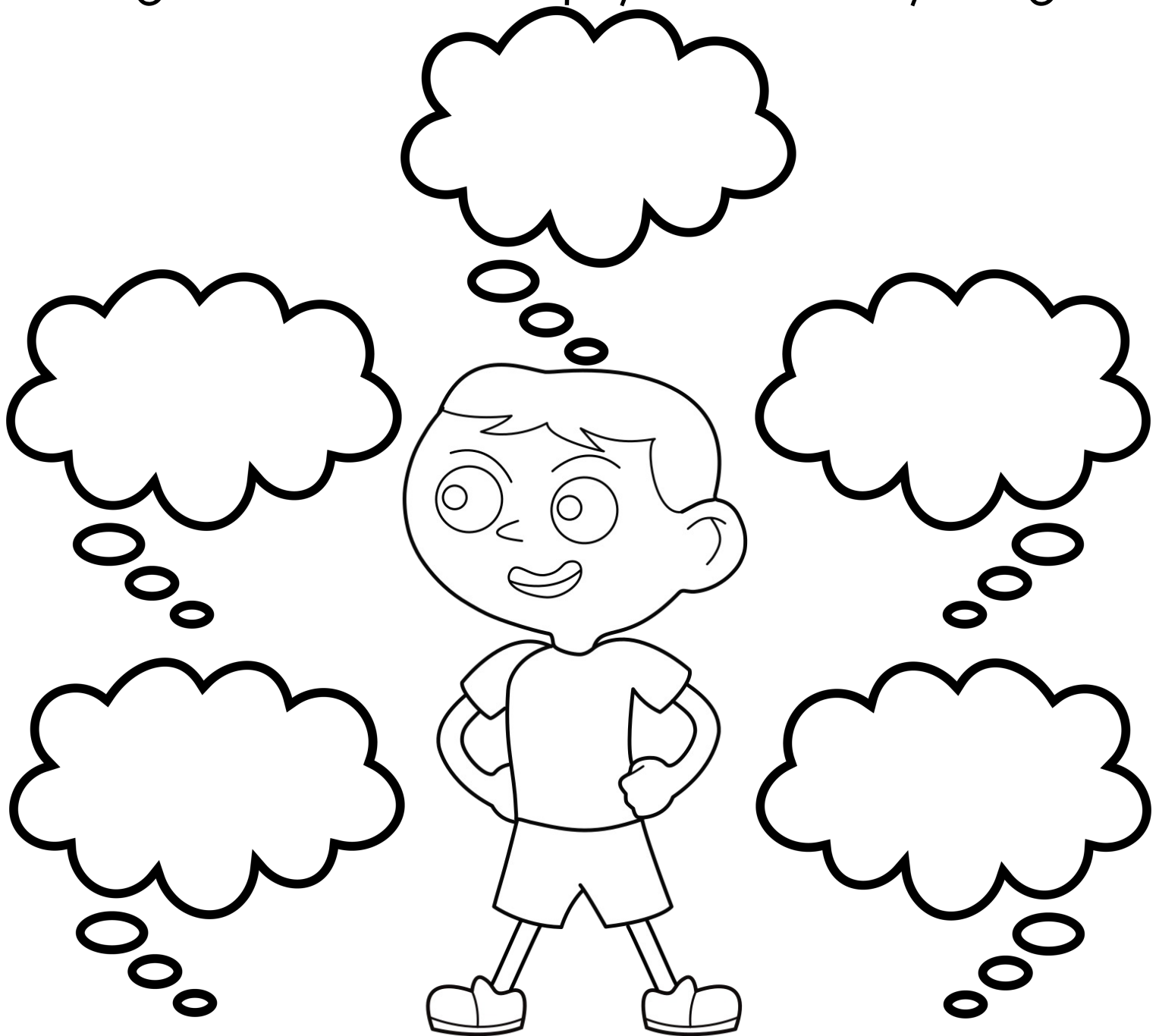
THINK POSITIVE

Name: _____

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GOAL-SETTING

Write positive, motivating thoughts inside of the thought bubbles to help you achieve your goal.



THINK POSITIVE

Name: _____

GOAL-SETTING

Can you help these friends write more realistic goals? Write a new goal for them on the line.

Anthony wants to be the next Michael Jordan.



Shang'Lee wants to win the World Championships in swimming.



Hillary wants to climb to the top of Mt. Everest.



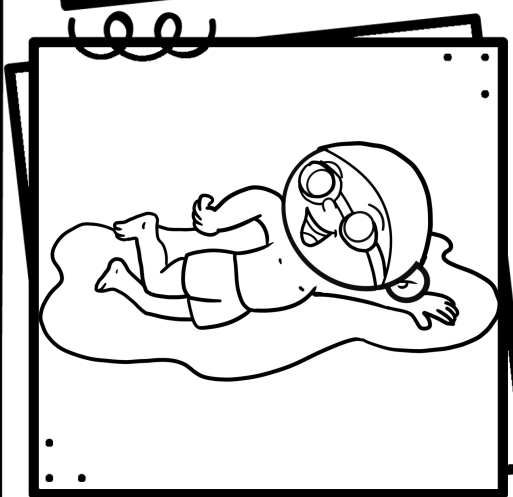
Name: _____

GOAL-SETTING

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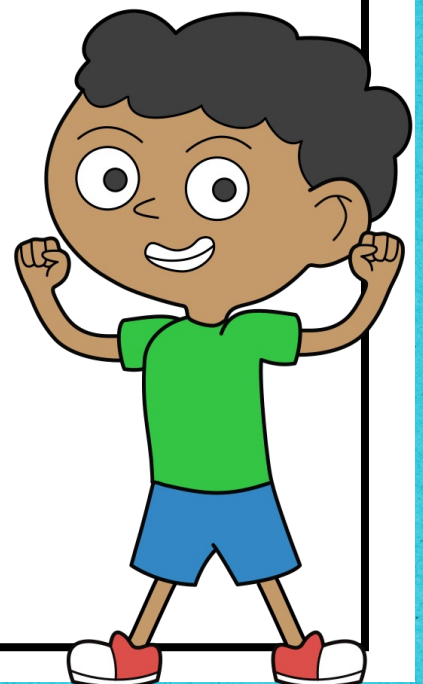
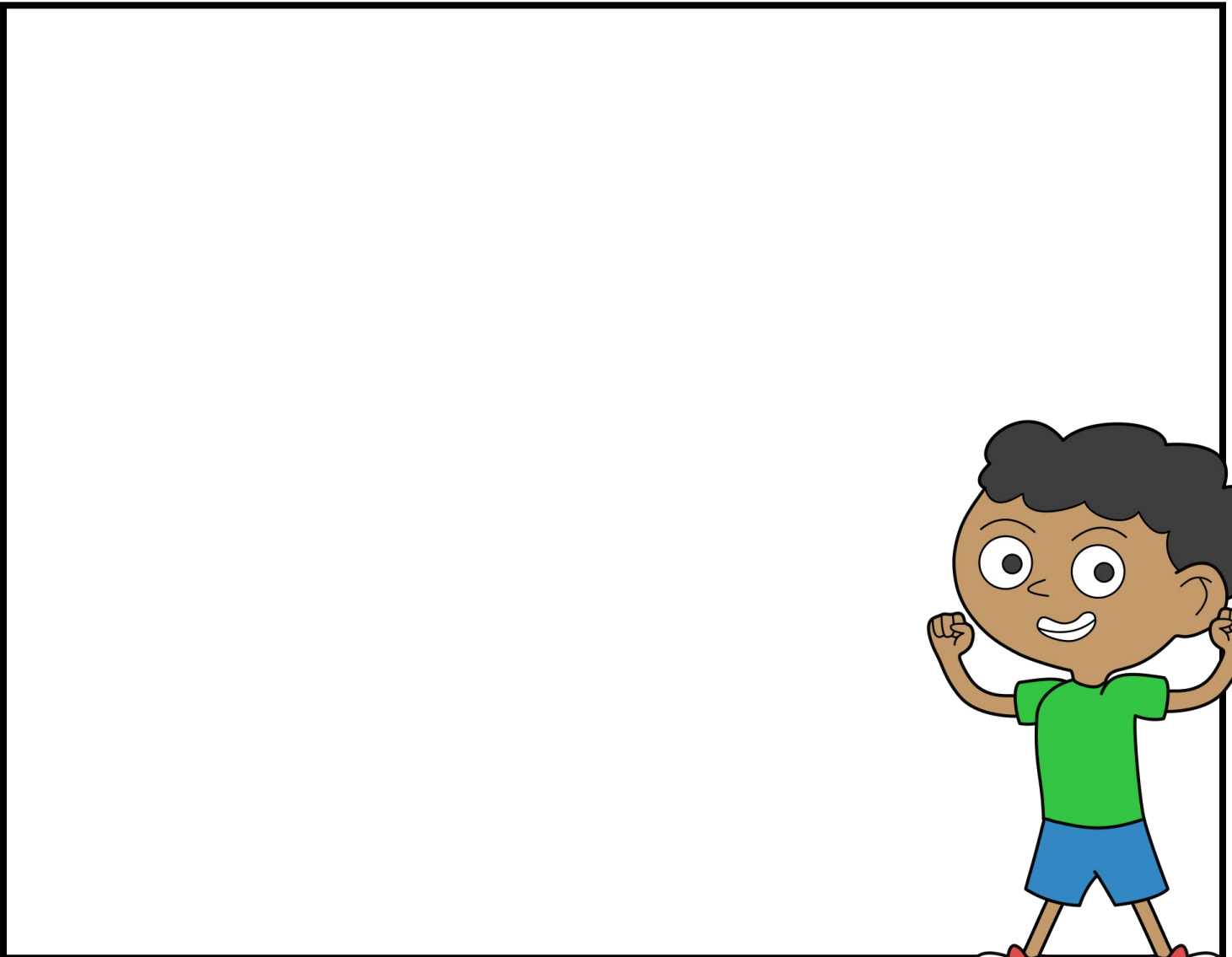


Hillary wants to climb to the top of Mt. Everest.

Name: _____

GOAL-SETTING

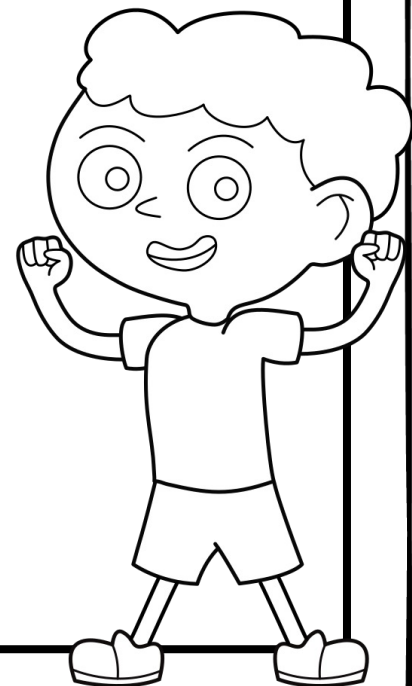
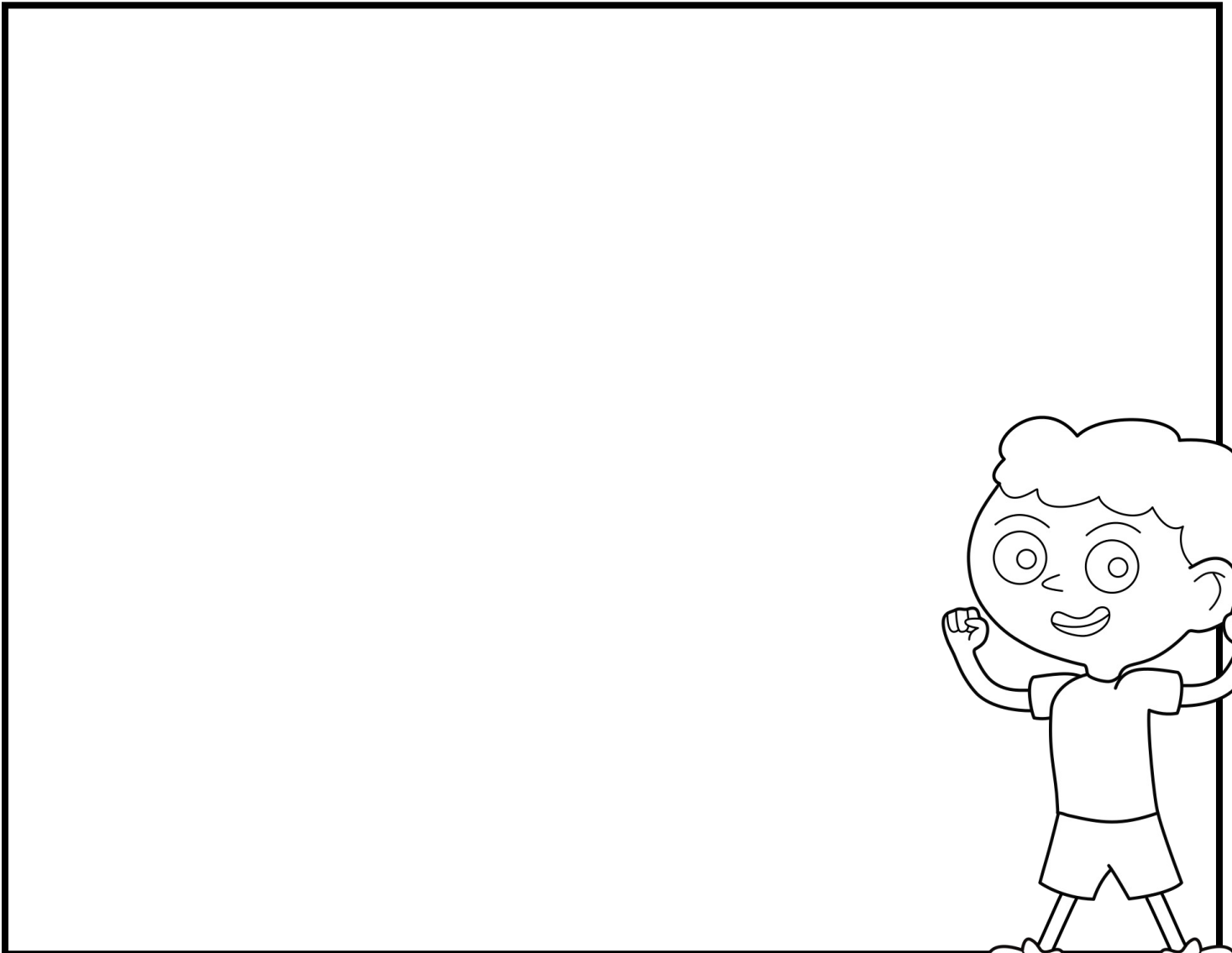
Write and draw about a time when you
achieved a goal.



Name: _____

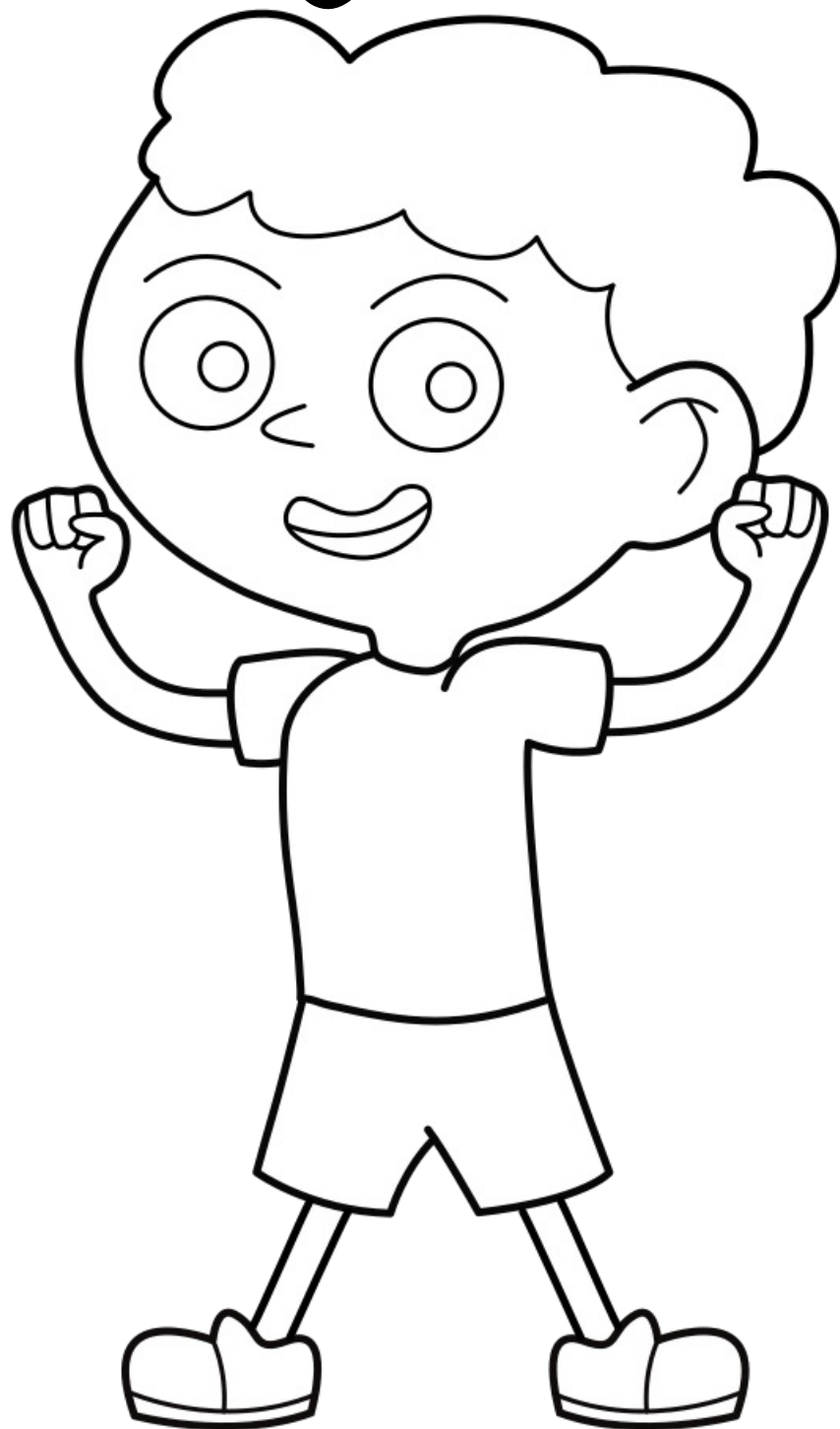
GOAL-SETTING

Write and draw about a time when you
achieved a goal.



Name: _____

I can achieve **MY GOALS!**



Name: _____

MY GOALS ARE:

Clear

Achievable

Specific

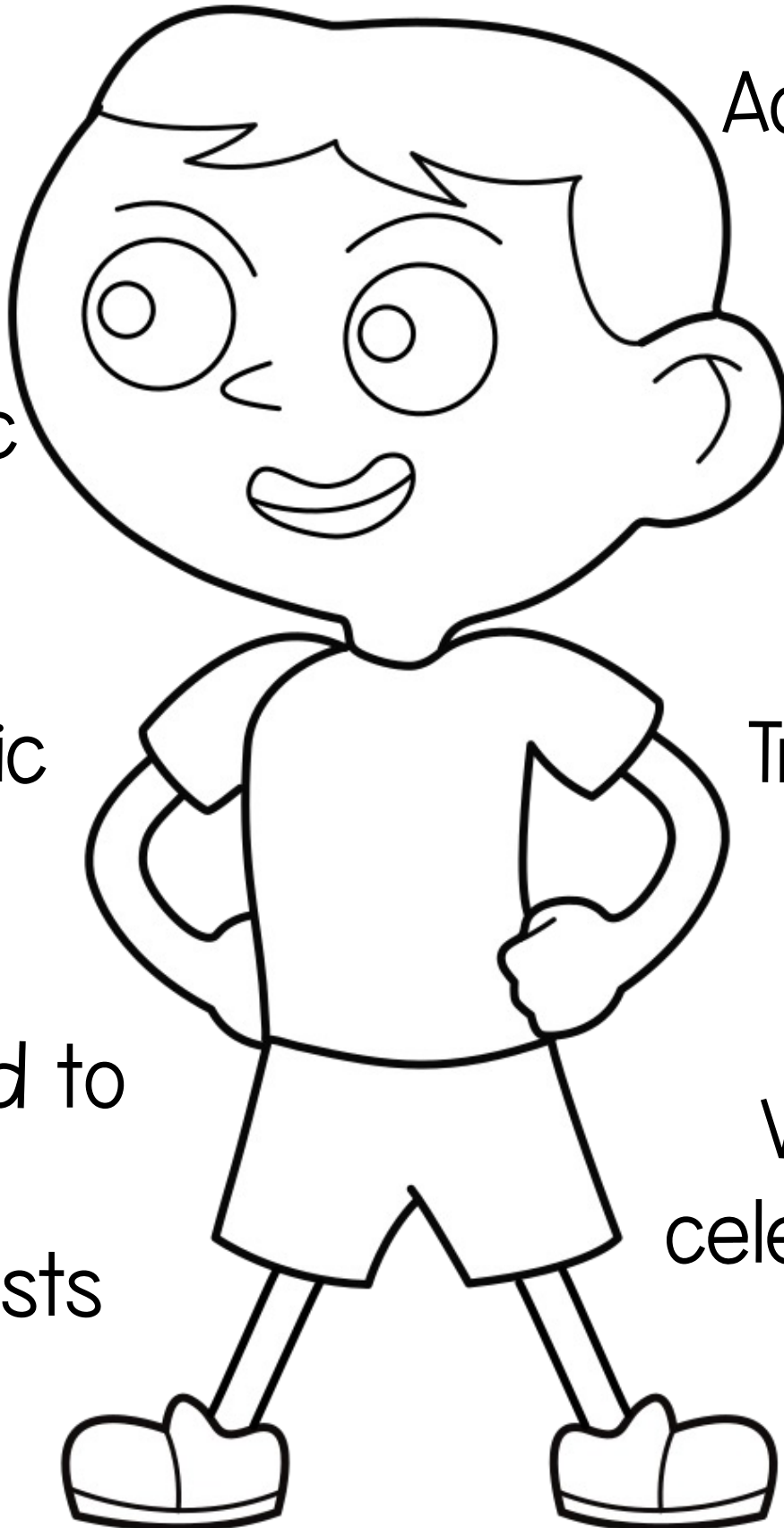
On a
timeline

Realistic

Trackable

Aligned to
my
interests

Worth
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Please contact me any time at laura@musiccitycounselor.com with questions, suggestions, resource requests, or comments. I'm here to help and would love to hear from you!

♥ *laura oathout*

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