



GOAL SETTING

Activity Purpose: Set goals for the future, connect goals to their culture, and begin to develop effective skills to achieve the goals they set for themselves.

Youth will:

- Set goals for themselves.
- Connect their goals to their culture.
- Identify people in their lives who can support their goals.

Activity Outline	Core Content Components	Instructional Method	Timing
1 Welcome & Introductions	<ul style="list-style-type: none"> • Welcome Students • Review last lesson • Question Box • Words of Wisdom (WOW) 	<ul style="list-style-type: none"> • Mini-Lecture • Q&A • Cultural Teaching 	5 minutes
2 Introduce Lesson Concepts: Setting Goals for Our Future	<ul style="list-style-type: none"> • Introduce Goal Setting • Live Goals and Aspirations 	<ul style="list-style-type: none"> • Mini-lecture • Individual Activity 	15 minutes
3 Connecting Goals to Culture & Future	<ul style="list-style-type: none"> • Introduce Native Wellness Model • Group Discussion & Sharing 	<ul style="list-style-type: none"> • Cultural Teaching & Handout • Small & Large Group 	15 minutes
4 Skill Building	<ul style="list-style-type: none"> • Identify Your Support Network 	<ul style="list-style-type: none"> • Mini-lecture • Brainstorm 	10 minutes
5 Closing	<ul style="list-style-type: none"> • Revisit WOW • Answer Questions • Preview next session 	<ul style="list-style-type: none"> • Cultural Teaching • Q&A 	5 minutes

Materials:

- Question Box (QB)

Handouts:

- Student Handout 9: Goals and Aspirations + Native Wellness Model

Preparation:

- Display Words of Wisdom
- Review Question Box questions and prepare responses
- Print Handout

1. Welcome & Introductions



5 minutes, Large
Group Activity

- Welcome Students
- Answer any questions in the Question Box
- Review last lesson: Unhealthy Relationships
- Remind students about their group agreements
- Ask a student to read today's WOW



*You already possess everything you need
to become great."*

- Crow

2. Introduce Lesson Concepts: Setting Goals for Our Future



5 minutes, Large
Group Activity

Introduce Goal Setting (Today, Tomorrow, In the Future)

- **Say:** Setting goals helps us envision our future and helps us make plans to achieve what we want. It helps us think through the steps we'll need to take and identify the resources or supports we'll need along the way. In prior lessons we've talked about some aspects of our culture and traditions that can ground us as we look to our future.
- Sometimes when we set goals, life changes our path to get there or offers us new opportunities! Goals don't have to be set in stone and setting goals doesn't mean you won't take detours.
- What's most important is checking in with yourself, adjusting your goals when needed, and continuing to pursue the future you want for yourself. Even when life DOES throw us curve balls, it doesn't mean we can't reach our goals, it just means it might take more time or we need more support to achieve them.

Life Goals and Aspirations

10 minutes, Individual Activity

- **Say:** Having a sense of purpose, identity, optimism, spiritual connections, and goals for the future can help us build resilience to navigate life's ups and downs; having a sense of humor doesn't hurt either (and it makes life more fun!). Today we are going to focus on just that. I want to give you some tools and ideas on how to become more resilient.
- First, we're going to think about some goals or milestones (benchmarks that will get us to our goals) we want to accomplish. When we're setting long term goals, it's important to start with more immediate steps that will help us get to our milestone. For example, if my goal for this semester is to pass all my classes, I need to think about what I would need to do to achieve that goal, such as setting a study time each day, etc.
- When planning our goals, it's helpful to not think too far into the future. You can set a goal for today (and each day), a goal for the near future (such as this semester), and a goal for your future (after high school).
- Pass out Handout 9.0.
- Use today's Handout 9.0 to write or draw a goal for today, a goal for tomorrow (near future), and a goal you have for the future (in your young adult years). Your goals can be whatever you want to achieve or focus on - they can be academic, health, relationship, career, culture or other goals.
- Just spend a few minutes on your goals - you can keep working on them later!

3. Connecting Goals to Culture & Community



15 minutes, Small
Group Activity

Introduce the Native Wellness Model

- **Say:** Now that we have set some personal goals, let's think about how our goals connect to our culture, relationships and community.
- The next section of your handout shows a Native Wellness Model – different Tribes have different colors and teachings associated each quadrant. This example shows four aspects of our wellbeing: Culture (Traditions, Spiritual Beliefs, Values, & Identity), Life (Body & Mind), Relationships (support network, friends, & family) and Impact (helping others & helping our community).
- These four areas are the parts of our being that ground us in our history, help us find balance, identify who will support us on our journey, and how we will give back to our community or support others. Now we're going to shift our thinking to how we can incorporate our values and culture into our goals.

Small group discussion

- **Get into pairs or small groups and talk** about your goals or plans for each quadrant.
- **Share and Reflect:** Bring the groups back to the large group and ask if anyone wants to share something they discussed. Take a few responses.
- Thank the students for sharing and discussing.

4. Skill Building: Identify Your Support Network



10 minutes, Large
Group Activity

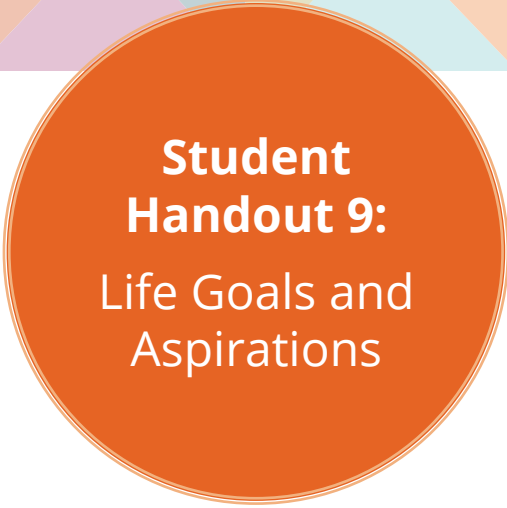

Identify Your Support Network

- **Say:** It's important to remember that even when we set life goals, it's okay to ask for help and encouragement along the way to stay on track. Often, we are unaware of the range of support we have available to us. So, for the next 10 minutes, I'd like us to talk about who we can reach out to when we need help.
- Think about the people in your life that you call on for support when you need it – like a friend, a family member, a coach, elder, teacher, spiritual advisor - even a pet.

Facilitator Note

Call on different students for each of the prompts. You can also take additional responses from others, if time allows. Try to make sure the responses reflect different types of people such as: Teachers, Counselors, Friends, Family Members, Coaches, etc. This will help youth think about who they can reach out to for support.

- **Ask:** Can I have a volunteer share someone you can turn to:
 - When you need help in a class?
 - When you're feeling stressed?
 - When things get tough?
 - When you need a different perspective?
 - When you have a health question?
 - When you need a distraction?
 - When you need someone to lift your spirits?
- Reaching out to supportive friends and adults – when you feel stuck – can help us navigate through life's road blocks and help us to reach our goals.
- Thank students for sharing.



Student Handout 9: Life Goals and Aspirations

Life Goals and Aspirations

Goal for Today

EXAMPLES

- Get to bed on time
- Eat well
- Limit social media to 1 hour

Goal for Tomorrow

EXAMPLES

- Graduate from HS
- Stay Active on a Team

Goal for the Future

EXAMPLES

- Go to College
- Do an Internship

Native Wellness Model:

Think and talk to your partner about how your Goals or Aspirations match up with each Quadrant.





5. Closing

5 minutes

- Remind students they can add questions to the Question Box.
- Repeat the WOW: *You already possess everything you need to become great.*



You already possess everything you need to become great."

- Crow

- Preview Next Session: Reproductive Health
- Remind students that you are available to talk anytime.

Native STAND

Students Together Against Negative Decisions