

GOAL SETTING for SCHOOL YEAR

Life is like a journey.

1. Our **OBJECTIVES** are where we want to be at the end of the journey. Like a summer trip, the objective might be to get to California. In life, we can ask ourselves these questions: When we are at the end of our life and looking back, what kind of person do we hope to be? What do we want to have accomplished? What do we want to be remembered for?
2. Our **LONG TERM GOALS** are the major stopping points along the way. Again, in the summer trip analogy, we might have a goal for each week: Niagara Falls, Yellowstone Park, etc. might be the weeklong LONG TERM goals. In life, we can ask ourselves, what are my goals for this school year? What do I want to accomplish? What grades or awards? What new skills or talents to develop? What values or morals? How can I improve THIS YEAR?
3. Our **SHORT TERM GOALS** are the day-to-day goals. Like in the trip, Dad and I always have in mind where we will end up each day. Where will we sleep tonight? How much gas will we need? Do we have enough food for today? Things like that. In life, the questions to ask are: How can I plan my daily schedule to help me accomplish my goals? What can I do each day to become a better person; more like the person I want to be? What activities, exercises, clubs, etc. can I participate in to help me?

During the next 7 days, we are going to work on this journey of life. Each day, we are going to talk about one of the seven major areas of life and think about our LIFELONG OBJECTIVES, ONE YEAR LONG TERM GOALS and DAY-TO-DAY SHORT TERM GOALS in that category. We are also going to look at least one Bible verse for that category to help us plan our “trip”.

The 7 categories are:

- **Spiritual Life:** Includes Having a Purpose in Life, Personal & Family Devotional Life, Church Involvement, Holidays, Giving Back to Others/Community, Care for Others in Need, Awareness of Needs in the Community & Across the World
- **Emotional Health:** Personal Feelings, Self Esteem Development, Family Relationships, Use Of Counseling, Support Groups or other services for emotional health
- **Mental Development, Education & Civics:** Includes School, Reading Goals, Homework, Learning New Skills, Developing New Interests, Participating as a Citizen of the Community and World
- **Physical Health & Well Being:** Includes Food/Menu Plans, Weight Loss Or Gain Goals, Exercise, Sports Participation, Medical Needs, Physical Therapies or other services for physical health
- **Vocational: Career Goals & Financial Planning:** Includes Plans, Hopes, Goals and Dreams for Future Success, Family Finances, Learning Financial Management Skills, Learning Skills for Life as an Adult
- **Household Management:** Includes Chores, Organization, Logistics, Time Management, Home Improvement,
- **Social & Recreational Life:** Includes Friendships, Hobbies & Fun Activities

Day One: Spiritual Life --- Bible Verse: Matthew 6:33:

“Seek first His Kingdom and His righteousness and all these things will be added unto you”

Things to think about when answering today's questions: What is my purpose in life? How will I participate in personal & family devotional activities? What is my involvement with church/Sunday School/Youth Group? What Holidays do I celebrate? How do I giving back to others and my community? How do I show compassion and care for others in need? Am I aware of the needs of people in my community and across the world?

Question 1: What does this verse mean to me? What does it teach me about the importance of my spiritual life and development?

Question 2: What is my personal lifelong OBJECTIVE in the area of Spiritual Life?

Question 3: What is my personal LONG TERM GOAL for THIS YEAR in the area of Spiritual Life?

Question 4: What are my personal SHORT TERM, DAY-TO-DAY, WEEK TO WEEK GOALS in the area of Spiritual Life?

Question 5: What activities can I do each day or each week at home, at church and in the community to help me reach these goals and objectives?

Question 6 (for parents only). How can I, as a parent, create daily and weekly structures, activities, etc. to help the children with their Spiritual goals and objectives? Are there different variations on these strategies as they pertain to particular children? Can I think of any ways to try to continue to pass on the “inheritance of faith” to the next generation (grandchildren)?

Day Two Emotional Development & Mental Health --- Bible Verse: Col 3:12-17

“Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with one another and forgive whatever grievances you have against one another. Forgive as the Lord forgave you. And over all these virtues, put on love, which binds them all together in perfect unity. Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.”

Things to Think About When Answering Today’s Questions: Do I understand and feel comfortable expressing my own feelings? Do I have feelings that I need to learn to cope with better? How do I feel about myself? Do I feel connected to my parents and brothers and sisters? Do I need any supports to help me with my emotions and feelings?

Question 1: What does this passage mean to me? What does it teach me about the importance of emotional development and mental health? What does it say about self-esteem and how I relate to others?

Question 2: What is my personal lifelong OBJECTIVE in the area of mental health & emotional development?

Question 3: What is my personal LONG TERM GOAL for THIS YEAR in the area of mental health and emotional development?

Question 4: What are my personal SHORT TERM, DAY-TO-DAY, WEEK TO WEEK GOALS in the area of mental health and emotional development?

Question 5: What activities can I do each day or each week at home, at school, and in the community to help me reach these goals and objectives?

Question 6 (for parents) what can we as parents do or provide to help with the mental health and emotional needs, goals and objectives for the children? Be specific for each child as to self-esteem needs, counseling, communication, parent-child relationships, sexuality issues, etc. Do I role-model healthy self-esteem and emotional management?

Day Three: Mental Development & Education --- Bible Verse: Proverbs 1, esp. verses 1 - 9:
“ . . . Let the wise listen and add to their learning, and let the discerning get guidance . . . ”

Things to think about when answering today's questions: How am I doing in school? How can I improve? Do I have personal reading goals? What are my plans for staying on top of homework? What specific new skills and interests would I like to develop this year? How do I participate as a citizen in my community, state, country, and world?

Question 1: What does this verse mean to me? What does it teach me about the importance of mental development & education?

Question 2: What is my personal lifelong OBJECTIVE in the area of mental development & education?

Question 3: What is my personal LONG TERM GOAL for THIS YEAR in the area of mental development & Education?

Question 4: What are my personal SHORT TERM, DAY-TO-DAY, WEEK TO WEEK GOALS in the area of mental development & Education?

Question 5: What activities can I do each day or each week at home, at school, and in the community to help me reach these goals and objectives?

Question 6 (for parents only). What can we as parents do or provide to help with the mental & educational goals and objectives for the children? Be specific for each child as to IEPs, homework needs, tutoring needs, etc. What is our role in supporting the educational futures of the next generation (grandchildren)?

Day Four Physical Health & Well Being --- Bible Verse: I Corinthians 6:19:

“Do you not know that your body is a temple of the Holy Spirit who is in you, whom you have received from God? . . . Therefore, Honor God with Your Body.”

Things to think about when answering today's questions: Do I need to change any of my eating habits to be healthier? What kind of exercise and sports do I participate in? Do I have medical needs or take medications and have I learned how to take care of these needs myself? Do I need any kind of therapies or services to stay physically healthy?

Question 1: What does this verse mean to me? What does it teach me about the importance of physical health and development?

Question 2: What is my personal lifelong OBJECTIVE in the area of Physical health & well-being?

Question 3: What is my personal LONG TERM GOAL for THIS YEAR in the area of Physical Health & Well Being?

Question 4: What are my personal SHORT TERM, DAY-TO-DAY, WEEK TO WEEK GOALS in the area of Physical Health & Well being?

Question 5: What activities and or sports can I do each day or each week at home, and in the community to help me reach these goals and objectives?

Question 6 (for parents only) what can we as parents do or provide to help the kids with my physical goals and objectives? Be specific for each child re: sports, physical therapy, equipment, medical needs, etc.

Day Five: Vocational, Career & Financial--

Bible Verses Phil 4:12-13; Matthew 6:24; I Peter 4:10; Col 3:23

"I know what it is to be in need and I know what it is to have plenty. I have learned the secret of being content in every situation, whether well fed or hungry, whether living in plenty or in want. I can do all things through Christ who strengthens me."

"No one can serve two masters, either he will hate the one and love the other or he will be devoted to one and despise the other. You cannot serve both God and money."

"Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms."

"Whatever you do, work at it with all your heart, as working for the Lord, not for men, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ whom you are serving."

Things to think about when answering today's questions: What are my personal goals for my future and career ("What do I want to be when I grow up?")? What skills do I need to learn to be ready to live on my own as an adult one day? Do I manage my money well? Am I saving for the future? What skills do I need to learn related to handling money? Do I have a part-time job? Am I ready for the responsibility of a job along with school and other activities?

Question 1: What do these passages mean to me?

Question 2: What is my personal lifelong OBJECTIVE in the area of vocational, career and financial management?

Question 3: What are my personal LONG TERM GOAL for THIS YEAR in the area of vocational, career & financial management?

Question 4: What are my personal SHORT TERM, DAY TO DAY, WEEK-TO-WEEK GOALS in the area of vocational, career and financial management?

Question 5: What activities can I do each day or each week at home, at school, and in the community to help me reach these goals and objectives?

Question 6 (for parents only) What can we as parents do or provide to help with the career, vocational and financial management, goals and objectives for the children? Be specific for each child. Are we exposing the children to a variety of career options and opportunities? Are we helping them understand the connections between their talents, gifts, interests and potential future goals? What is our role in equipping the next generation (grandchildren) to reach their potential?

Day Six Household Management -- Bible Verse: I Corinthians 14: 40
"Everything should be done in a fitting and orderly way."

Things to think about when answering today's questions: Am I as organized as I need to be? How do I do with time management? Do I contribute to the family by completing my chores? Does our home feel safe, welcoming and organized for all of us who live here and guests? How can I contribute to making it more so?

Question 1: What does this passage mean to me?

Question 2: What is my personal lifelong OBJECTIVE in the area of household management?

Question 3: What is my personal LONG TERM GOAL for THIS YEAR in the area of household management?

Question 4: What are my personal SHORT TERM, DAY-TO-DAY, WEEK TO WEEK GOALS in the area of household management?

Question 5: What activities can I do each day or each week at home, at school, and in the community to help me reach these goals and objectives?

Question 6 (for parents only) what can we as parents do or provide to help with the organizational and management skills, goals and objectives for the children? What home management (including chore) systems do we want to establish and carry out to improve the orderliness, safety and welcoming nature of our home environment?

Day Seven: Social & Recreational Development--- Bible Verses:

Romans 12 This chapter has many nuggets of wisdom about using our gifts and talents, being a good friend, treating others the way we'd like to be treating and showing respect to all, including those of "low position." Verse 10 reads: "Be devoted to one another in love. Honor one another above yourselves."

Things to think about when answering today's questions: Am I a good friend and do I have good friends? What goals do I have to improve my friendships? Do I get along well with my peers? What are my hobbies? What do I like to do for fun?

Question 1: What does this passage mean to me?

Question 2: What is my personal lifelong OBJECTIVE in the area of social and recreational development?

Question 3: What is my personal LONG TERM GOAL for THIS YEAR in the area of social and recreational development?

Question 4: What are my personal SHORT TERM, DAY-TO-DAY, WEEK TO WEEK GOALS in the area of social and recreational development?

Question 5: What activities can I do each day or each week at home, at school, and in the community to help me reach these goals and objectives?

Question 6 (for parents only) what can we as parents do or provide to help with the social and recreational needs, goals and objectives for the children? Be specific for each child.