



- Guidance Lesson -

## **Lights, Camera, Action!- Goal Setting**

Objective: Educate students on goal setting strategies and creating a plan of action.

Estimated time: 15-30 minutes

Materials: notebook paper, markers, [Goal sheet](#), pencil

### **Activity/Discussion:**

1. List these three people on the board: Mark Zuckerberg (founder of Facebook), Alexander Graham Bell ( inventor of the telephone), and Dak Prescott ( quarterback for the Dallas Cowboys).
2. Ask the students to discuss with a partner what these three people may have in common. Allow a few minutes and then ask for responses. ( Hopefully you will hear responses relating to the fact they they are all famous for being successful in their field)
3. Additional discussion questions:
  - a. How did they become successful? Did it happen overnight?
  - b. What were some goals they may have set for themselves?
4. Pass out notebook paper and markers.
5. Tell students to divide the paper into 4 parts.
6. Allow students several minutes to write down four goals they have for this school year. They can be academic or personal. Ask a few students to share their goals.
7. Display the following quote:

**“ A dream written down with a date becomes a goal.  
A goal broken down into steps becomes a plan.  
A plan backed by action makes your dreams come true.”**

**-Greg Reid-**
8. Ask the students to choose one of the goals they have listed. They will use the goal sheet (**included in the materials section above**) to create a more concrete action plan.

**Special Notes:** You can provide an examples of goals, if needed. Students can work together or on their own to create action plans, whichever feels more comfortable. You can use this template when meeting with individual/small groups.