

Session 19 – Got Goals

I. Objectives

- Distinguish between long-term goals and short-term goals.
- Discuss the benefits of goal setting.
- Set and attain a long-term goal and series of short-term goals.

II. Introduction

Goals give a direction in which to pattern your decisions and behaviors. A goal is one way to measure your achievement. Some goals are easy to achieve while others are more difficult.

When determining whether a goal is easy or difficult it is important to recognize your own strengths and weaknesses. When you choose a goal to set it is very important that the goal is attainable. Goals should be challenging enough that you have to put forth effort to meet the goal.

III. Vital Health Measures Collected

- Weight
- Height
- Blood Pressure
- Finger Stick Glucose

IV. Health Information

There are many benefits to setting and reaching goals. For example, your self-confidence may become enhanced when you reach your goal. You may gain positive recognition and attention from others by striving and attaining your goals. There are a series of steps that you can take to help reach your goals.

1. Set a specific attainable goal and write it down.
2. List the steps that you will take to reach that goal.
3. Request help from others such as family members, peers, and other adults for support.
4. Give yourself a certain period of time to reach your goal.
5. Evaluate your progress periodically.
6. Once you have reached your goal, reward yourself with something that is beneficial to you. Not food!

V. Activity

This week create a goal/vision board. This can be done using a poster board. Write down short-term goals and long-term goals.

An alternative to this activity would be to cut out pictures to paste on your goal/vision board. Bring in your goal/vision board at your next visit.



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