

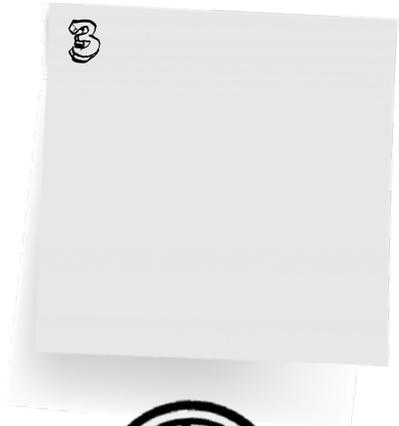


How to set clear goals and achieve more

Plan



List 3 key takeaways from this video



STORY

- Patrick had big aspirations. He wanted to do well in his exams but he could not get focused. Every time he wanted to study or do his homework he ended up on snapchat, Instagram or YouTube. He also played a lot of FIFA and he was an excellent goalkeeper. He felt he could do well in sport.
- "Dude, where do you want to be? 1st choice goalkeeper or on the bench?" I asked.
- "I want to be Number 1," he said.
- "Patrick, what are your goals? Where do you want to go? What do you want to do?" I asked.
- Only 3% of people have written goals. That's why some people are way more successful..
- "Well I do know I want to be successful. That's the one thing I do know," he said.
- "If you wanted to get from Dublin to New York, what do you think you would need?"
- "A plane," he laughed.
- "Absolutely!" I said, "and what else?"

Story

- "A map?" he said
- "Exactly, you would need to know your destination. The most important thing to figure out is where you want to go."
- "That makes sense," he said.
- "Of course it does, or else you are going to be stuck on the bench."
- "I don't want that."
- "Haha! That's a good thing. One way to find out what you want is to figure out what you don't want," I said.
- "It seems very hard. I'm still young and it feels like there is so much you have to have figured out," he responded.
- "It doesn't have to be that way. You don't have to figure out your whole life. But you do need to figure out the next 6 to 12 months. That way you can have your Best Year Ever."
- "I like the sound of that," he said.
- "Let's get to work."

Game 1

WRITE YOURSELF A LETTER

Bruce Lee is probably the greatest martial artist of all time. Famously, he wrote a letter to himself. It was dated January 9, 1970 and it was stamped "Secret". Bruce wrote, "By 1980 I will be the best known Oriental movie star in the world and will have secured \$10 million dollars....And in return I will give the very best acting I could possibly give every single time I am in front of the camera and I will live in peace and harmony."

Bruce made 3 films and in 1973 filmed Enter The Dragon, which was released the same year after his unfortunate death. The movie was a huge success. He died a superstar and his estate is now worth millions of dollars.

Write yourself a letter. In this letter, you must write out what you want to achieve and what you are willing to do in return.



Plan

Game 2

BIRTHDAY LINE UP

The goal of this game is to have students line up or re-seat themselves at the desk in order of their birthdays - January 1st through December 31st.

To do this, they will need to know the order in which the months fall as well as their own birthday.

To make it super challenging, you must do it without speaking at all, only using hand signals.

You have 5 minutes.

Game 3

GOAL SETTING GAME

Write down two goals – one must be an academic goal and one must be a personal goal.

They should describe in as much detail as possible what it feels like to have achieved the goal.

Pretend you have already achieved it and describe the feelings and pictures you see as a result of achieving these goals. (These goals should excite you and scare you.) You can also draw an image of these goals.

1. ACADEMIC GOAL _____

2. PERSONAL GOAL _____

1.

2.

Reflect and Connect

Rate each of the learning intentions below by shading each section. Read each statement and shade in the area to get a visual on how today's lesson was for you.

1 = Lowest level

5 = Highest level

6. I did my best and didn't give up

1. I enjoyed today's story

5. I worked well with others

4. I got involved in the class and the games

3. I asked questions when I didn't understand

2. I understood the goal of today's lesson