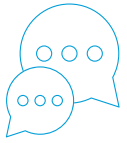


# Goal Setting With Youth



## Introduce Goal Setting

\*Briefly explain what is included in setting a goal and that you will walk them through the steps.



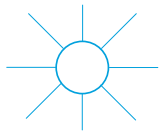
## Brainstorming

\*Engage youth in identifying any goals they would like to achieve and writing them down.



## Choose One Goal

\*Help youth review brainstorming and pick one goal to focus on first.



## Map Your Goal

\*Have youth write goal in circle.  
\*Lead youth in creating individual SMART action steps to write on lines around circle.  
\*Number the steps in order to be completed.



## Tracking A Goal

\*Guide youth in determining how they will track their progress including phone reminders and apps.



## Accountability

\*Assist youth in creating an accountability system that includes themselves and one other person.



## Pray

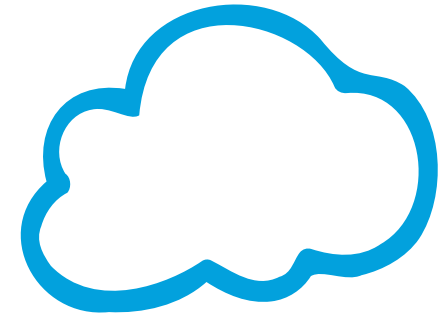
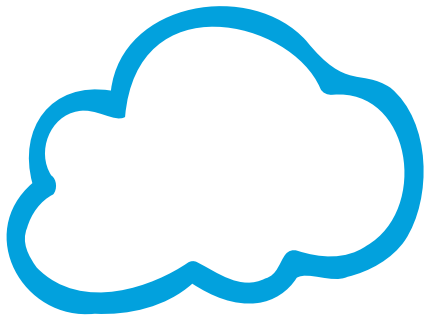
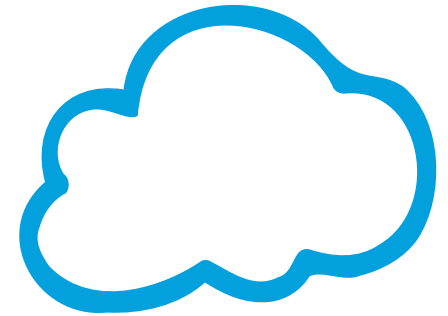
\*Encourage youth to pray and talk with Jesus about how they are doing, what they need, and offer praise as they progress.

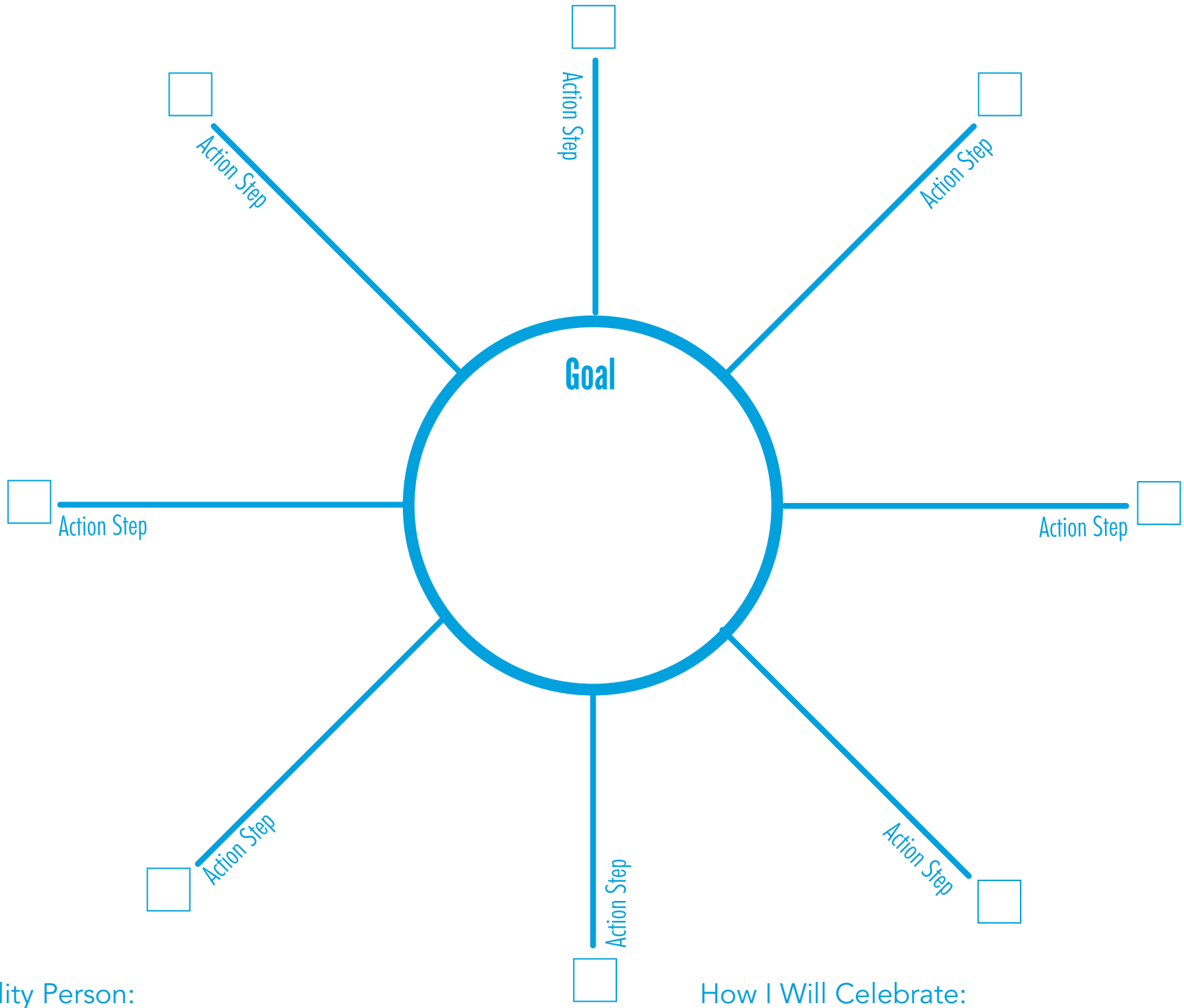


## Celebrate

\*Remind youth to choose one way they will celebrate success.  
\*Join them in celebrating.

# Brainstorming





Accountability Person: \_\_\_\_\_

How I Will Celebrate: \_\_\_\_\_

# SMART Goal Setting

## Specific

Is your goal specific? Is it clearly stated and narrowed down? Is it focused on accomplishing one thing?

## Measurable

Is your goal measurable? How will you know when you have completed a step or met your goal?

## Achievable

Is your goal achievable? Is it challenging but still something that can be done?

## Realistic

Is your goal realistic? Does it make sense for you to do this? Does it match up with what you want in life?

## Timely

Is your goal timely? Is it something that can be done in a specific time period? Does it make sense to do it now?