

## Seeds of Success: Goal Achievement

### Ten- or Fifteen-Minute Lesson Plan

**Elevator Speech** – Play the video clip containing a Drake student tell her story of achieving a goal.

### **Teach Goal Achievement Process**

*A big part of achieving our goals is determining our starting point (where you are right now) and what you want to achieve (your desired goal). Next, it is important to break down your goal into smaller action steps. Goals are not achieved in one big, easy step. There are many, many smaller steps we must first accomplish in order to achieve our big goal.*

Introduce the Goal Map tool. If possible, use examples from the video to provide examples of how the student broke down her goal into small action steps, how she measured, monitored, and revised her goal, and who supported and challenged her along the way.

### 30 Minute Lesson Plan

#### **Group Activity – “How to become a YouTube star!”**

##### Directions

- 1) Have students get in groups of 4 or 5
- 2) Each group is filling out one goal map for their entire group. Each group has the same desired goal - to become YouTube stars (defined as 1,000 subscribers to their YouTube Channel).
- 3) Each group has the same starting point – they have 0 followers.
- 4) Direct groups to create a Goal Map outlining the action steps needed to become YouTube stars. Groups should also identify who will support and challenge them, and how and when they will measure, monitor, and revise their plan.
- 5) Groups can decide for themselves how they will become YouTube stars. Groups may need to be prodded with questions like, “Where are you going to get the camera equipment? Who is going to do the filming? Who is creating the YouTube channel? What is the subject of the video? Is there music in the video? Who is adding music to the video? How will you attract subscribers? Etc.” The goal is to get them to break down this big goal into smaller action steps so that they practice using the Goal Map.

#### **Second Activity – Personal Goal Map**

Time permitting, students should create a personal goal map (this is an individual activity). Direct students to come up with a school-based goal (can be classroom behavior, grades, sports or activities, etc.). Then, students should be given time to craft a goal map to help them meet that goal.

### 45-Minute Lesson Plan (Complete everything above)

#### **Conclusion**

- 1) Write one thing you learned about goal achievement today
- 2) Write one place you can use a goal map in your own life

3) Write one question you want to ask our student-athletes

**General questions and answers**