

BELIEVE IN YOU

Name:

Date:

GREAT GOALS

A 5 DAY JOURNAL EXPERIENCE



This journal is designed for students and adults. *Go Be Great!*

BELIEVE IN YOU

GOAL

/noun/

The object of a person's aspiration and effort.
A vision of the future that a person plans,
commits, and works to achieve.

Welcome to the GREAT Goals 5 Day Journal.

This is a 5-day guide to setting a meaningful goal. This journal will take you step-by-step through the process of visualizing and creating a plan to reach a set target. **You'll supply the commitment and effort.**

For the next 5 days, take 10 minutes per day to follow the GREAT Goal process. Read the page for the day and think about what you read for 3 to 5 minutes. Next, write in the space provided. In 5 days, you'll have a map to your goal.

Remember, goals are like mile markers that you see on a long trip. When you reach one – it's time to focus on the next! When that time comes, return to this journal and create a new GREAT Goal.



We Believe In You. Go Be GREAT!

This journal is free to everyone as a public service of Varsity Brands.

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Give Your Goal a Name

Goals can be born from the energy of a brainstorm or from the gravity of a persistent dream. They can be unique to a person or shared with a team. Today, you choose the inspiration for your next GREAT Goal. Do you have something you've wanted to accomplish for a while? Now is the time! Maybe you want to explore a new interest – it's the perfect time for a brainstorm!

Giving Your Goal a Name Gives It Energy And Life

Words have energy. Names create relationship. Writing words to name your goal unlocks its energy and provides a bond that connects you to your vision of the future.

Write Something – Just Get Started

Getting started is often one of the hardest steps you'll take toward your goal. Today, you'll break through that barrier by naming your goal.

In the space below, write a simple phrase that describes your goal. It can be 1 word or maybe 5 words. The point is to keep it short and simple. You'll use these words to begin talking about your goal. *(Don't worry about getting this perfect. Your goal's name can evolve over time.)*

DAY 1



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Define the Reason for Your Goal

Define your *reason* and build your goal's *why*. Why do you want to accomplish this goal? How is it going to make you and the world around you a better place? Some goals will bring joy to your life, and your joy can spread to the people you care about. Some goals will actually change you or your environment for the better and act as a building block for your future greatness. Big or small – your reasons matter.

Understanding Your Reason Will Keep You Motivated

DAY 2



See it in your mind first! Visualizing the outcome of your GREAT Goal is an important step toward progress. Your imagination and creativity are gifts that help you advance your goals and develop your unique greatness.

Write From Your Heart – Let It Guide You

In the space below, write a list of 3 to 5 reasons why you want to reach your goal. Include the ways that it will help you enjoy life. Write about how it will make the world around you better. Include the ways that it will bring you joy and fun. Talk about how it will affect your future. *(Think big. Be bold! Get excited about your goal and embrace that excited energy!)*

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Outline the Effort Required

Effort is the physical and/or mental work that a person gives to a goal. The amount of effort given is a choice. There are no shortcuts to success. Effort is the main ingredient of progress. Choosing to do the work is a choice toward making progress. Choosing to be distracted, or choosing to put things off until tomorrow is a choice to delay success. This page will help you understand the effort needed to make your GREAT Goal come to life.

Plan Your Work and then Work Your Plan **DAY 3**

Outlining efforts and actions is the first step of creating a real plan for success. This outline will help you stay on track. Think of it as a checklist. Keep following the outline until all items are checked off the list.

Be Real About What It Will Take

On this page, create a list of 5 to 7 actions that you'll need to take to accomplish your goal. Put the list in order from first to last. What do you have to do today? What about tomorrow? What has to happen next week and by the end of the month? What is the last thing that you need to do before you've reached your goal? Finally, fill in the gaps between tasks.



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Identify an Accountability Partner

Being accountable means that you understand that something is your responsibility. You are responsible for the effort that you give. The best way to take responsibility for a GREAT Goal is to tell someone that you are working to accomplish a goal. This simple act transforms a dream into a goal. Yes, it is *simple* to tell someone about your goal – but it might not be *easy*. Sharing a goal is sharing an important part of who you are and who you want to become. Take this step seriously and plan what you'll say.

Who Should I Tell? What If I'm Not Ready To Share?

DAY 4



Important questions! Tell someone you trust – someone encouraging. Not ready for that? Put a symbol of your goal next to a mirror. When you look at it – tell yourself that you can do it. Tell yourself to GO BE GREAT!

Make The Choice To Take Responsibility

You've made it this far, now it's time to commit to your goal. You have two choices:

Choice 1: Write the name of someone you trust on this page. Then, write 3 sentences to outline what to say when you tell them about your goal.

Choice 2: Choose a small symbol of your goal that you can tape to a mirror that you look at every day. Write at least 1 sentence that you can say to yourself every time you see that reminder. *(Need an idea? How about, "GO BE GREAT!")*

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Set a Timeline for Reaching Your Goal

Your goal has a name, you have your reasons, you know what it will take, and you've taken responsibility. Now it's time to create a timeline. Use the efforts from day three to create key results to guide you to success. Key results are measurable accomplishments that are important to your final goal. It should be easy to prove that you've reached a key result. Using a timeline of key results creates a map that you can follow to your goal.

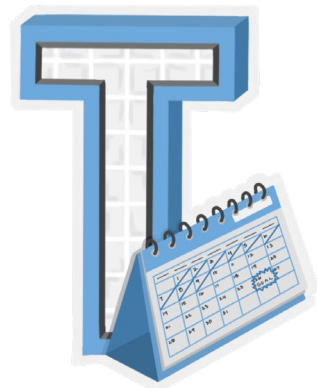
Backwards Design Your Success

When do you want to accomplish your goal? Start with that date and work backwards! If the timeline feels rushed – move the final date out by a few weeks. If it seems too easy – move it forward. It's okay to adjust.

Be Realistic and Stick With It

Consider other responsibilities when creating this timeline. As they say – *Rome wasn't built in a day!* Give yourself time to succeed and then don't let obstacles and setbacks stop your progress. Stick with it! In the spaces provided, fill in key results with dates starting at the bottom and working back up.

DAY 5



Key Result 1 / Date:

Key Result 2 / Date:

Key Result 3 / Date:

Key Result 4 / Date:

Goal Accomplished / Date:

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GO BE GREAT!

Congratulations – you now have a GREAT Goal plan of action!
Putting your goal on paper is the best way to increase your
chances of success. Now – get to work!

How are you feeling about your
GREAT Goal Plan?

Name your emotions and describe
how they feel in your body.



What is one thing that you can
do every day to help your GREAT
Goal become a reality?



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LEAD BY EXAMPLE Priority Learning Outcomes

Based on CADA Student Leadership Standards

This journal-based experience is designed to help individuals reach the following leadership outcomes:

Communication

- Individuals will reflect on successes and areas for growth with growth mindset and optimism.

Personal and Social Development

- Individuals will identify emotions, thoughts, and values that impact behavior and self-efficacy.
 - Individuals will analyze personal strengths and areas for improvement with healthy self-perception, self-competence, and growth mindset.
 - Individuals will access and utilize self-management and self-regulation tools and strategies related to stress, motivation, discipline, and impulse control.
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The world needs you. We Believe In You.

For more information about the CADA Student Leadership Standards visit www.cada1.org

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