



BOYS & GIRLS CLUBS
OF CENTRAL FLORIDA

TEEN ACTIVITY

Activity: Goal Ladder

1. Write down your DREAM at the top of the staircase.
2. Write down your FIRST GOAL at the very bottom of the staircase *and* the first action towards that goal.
3. Create your second goal and the first action towards it.
4. Create your third goal and the first actions towards.
5. Continue “climbing” the stairs. Add dates, drawings, anything that helps motivate you!

For example, let say you chose “basketball” as an interest. You goals can be:

Practice everyday for 30 minutes

Run 1 mile 5 days a week

Score 50 points this season

Make 25 rebounds

Encourage my teammates

Use the attachment to complete your goal ladder