



BOYS & GIRLS CLUBS
OF CENTRAL FLORIDA

YOUTH ACTIVITY

Activity: Turn your wishes into a *GOAL*

Think of a six things you wish for that you can do. Do you wish to learn how to ride a bike? Do you wish to buy a new video game? Do you wish to be a better basketball player? Write each wish on a star on the first page of the attached worksheet.

After writing down your wishes, pick three wishes to turn into goals. Ask yourself three questions to help you decide which wishes would make appropriate goals:

- What do you need to do to complete this goal?
- How long will it take?
- Can you achieve this goal by yourself?

Once you've answered those questions, it is time to turn our wishes into goals by filling in the "I will _____" statements. It is important to list specifically *what* you will do and *when* you will do it. For example, if your wish is to do a back handspring, your goal may be "I will practice a back handspring 3 times a week for 5 minutes." Complete the second page of the attached worksheet. Share your goals with your parents.

