

Topic: Goal Setting

Breathe

What do you want more of in your life right now? What goals are meaningful and important to you?

This is a guided visualization for goal achievement, designed to be short and sharp at 6 minutes so you can easily fit it in each day. You will focus all of your awareness, energy and intent on your desired outcome, on seeing your goal achieved and feeling the good feeling of it.



Learn

What is your goal today? Focus on [daily goals](#) to see success and make a difference today!

[Explore Goal Setting For All](#) (scroll part way down for middle and high school information)

Watch: Kid President's Pep Talk!



Print this [goal setting sheet](#) or this [simple one](#) or write in your journal!

[How to Set Weekly Goals That Get Results](#)

Move

Time for a bodyweight bootcamp workout. Every move is a full-body exercise that will leave your muscles shaking. With no equipment needed, you can do this workout anywhere. We will warm you up, work you out, cool you down, and motivate you throughout this sweat session.



Grow

What do you see yourself in 10 years?

5 years? 1 year? **Dream big!**

Then narrow down your focus to a shorter-term goal that meets the SMART goal requirements. What do you want to get done today? How will you accomplish it?

When will you check in on your goal? Put a reminder in your phone, calendar, or a sticky note to remind you. Hunt your goals!

