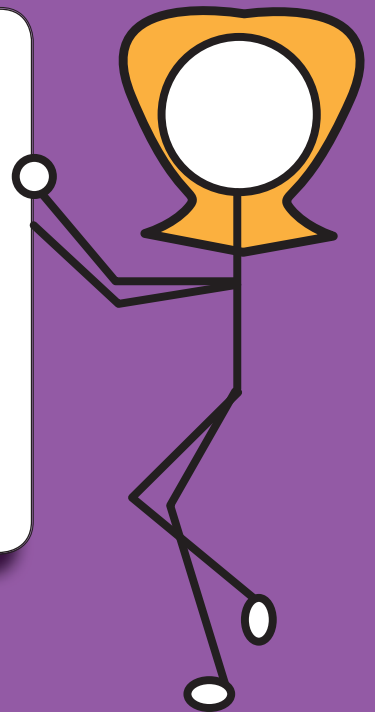
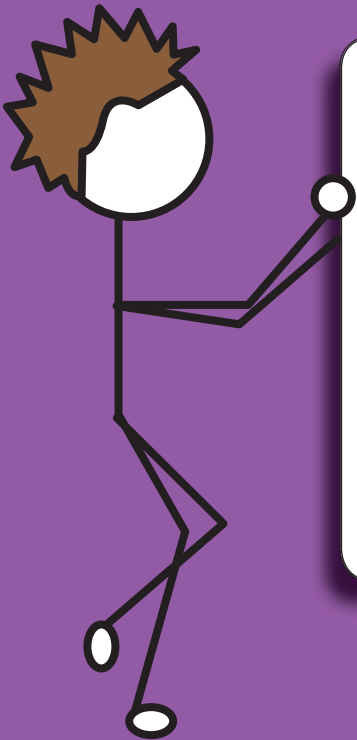


# Goal Setting



# The New Me

Participants will identify behaviors they wish to change in themselves. They will analyze their behaviors, make plans and implement changes in their lives.

40 min  
+ follow-up

materials    The New Me handouts, pens

1. Explain to participants that this activity is about identifying a behavior of their own they want to improve. It can be the way they relate to others, a bad habit they would like to stop, or something they know will help them be happier or more successful but have had difficulty improving in the past.
2. Let participants know that in order to recognize an undesirable behavior one must be completely honest with oneself. Maintain that this is a confidential activity and their answers do not have to be shared with their peers.
3. Pass out the handouts and guide the group members as they fill in their answers.
4. When they begin to outline their plan, tell them to KISS—Keep It Simple, Silly! Simplifying something that seems difficult into small, achievable steps will make the goal easier to attain. Over time, a number of small steps will lead to the desired change.
5. Make copies of their statements and revisit them one month later to let everyone evaluate their progress. Alternatively, have them seal the handouts in a self-addressed envelope to be mailed at a later date.

*“Happiness is not something ready made.  
It comes from your own actions.”*

—The Dalai Lama XIV

## The New Me

What's holding me back when it comes to being happier or more successful in my life?

What bad habits do I have that could be improved upon?

Is there anything about the way I relate to others that could be improved upon? What is it and how could it change?

After reflecting on the above answers, I have decided this is the change I wish to make in myself:

Why do I desire this change?

If I could see me and my new behavior on a movie screen, what would I see myself doing?

How will this new behavior make me feel?

What obstacles may slow my progress or prevent me from reaching my goal? What are they?

How can I overcome these obstacles?

What fears do I have to overcome to reach my goal?

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What can I say to convince myself that this change is what I really want?

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What beliefs do I have to change ?

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How can I think differently?

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What steps do I have to take to make this change in me?

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What might my family, teachers, friends, or coach say to me after I have achieved my goal?

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Is there anything I can do to maintain the new me?

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My Commitments to Myself

I will \_\_\_\_\_

I will \_\_\_\_\_

I will \_\_\_\_\_

My Affirmations

I am \_\_\_\_\_

I now have \_\_\_\_\_

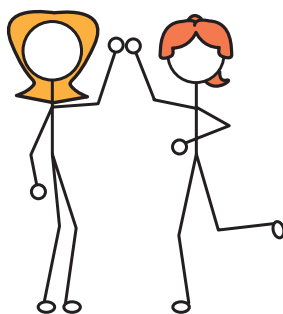
Thank you for your interest in this sampler! If you are looking for more activities to help your students develop self-awareness then please consider purchasing my book, *Smile Inside: Experiential Activities for Self-Awareness Ages 14-15*, on Amazon. The modules in the book address the following topics:

- Focus & Listening
- Empathy & Respect
  - Self-Talk
- Self-Exploration
- Emotions & Coping
- Problem Solving & Decision Making
  - Goal Setting
- Group Dynamics
- Esprit de Corps through Service Learning

Visit [www.smileinside.com.au](http://www.smileinside.com.au) to learn more and make sure you don't miss the Freesources page!



Vanessa



smile inside