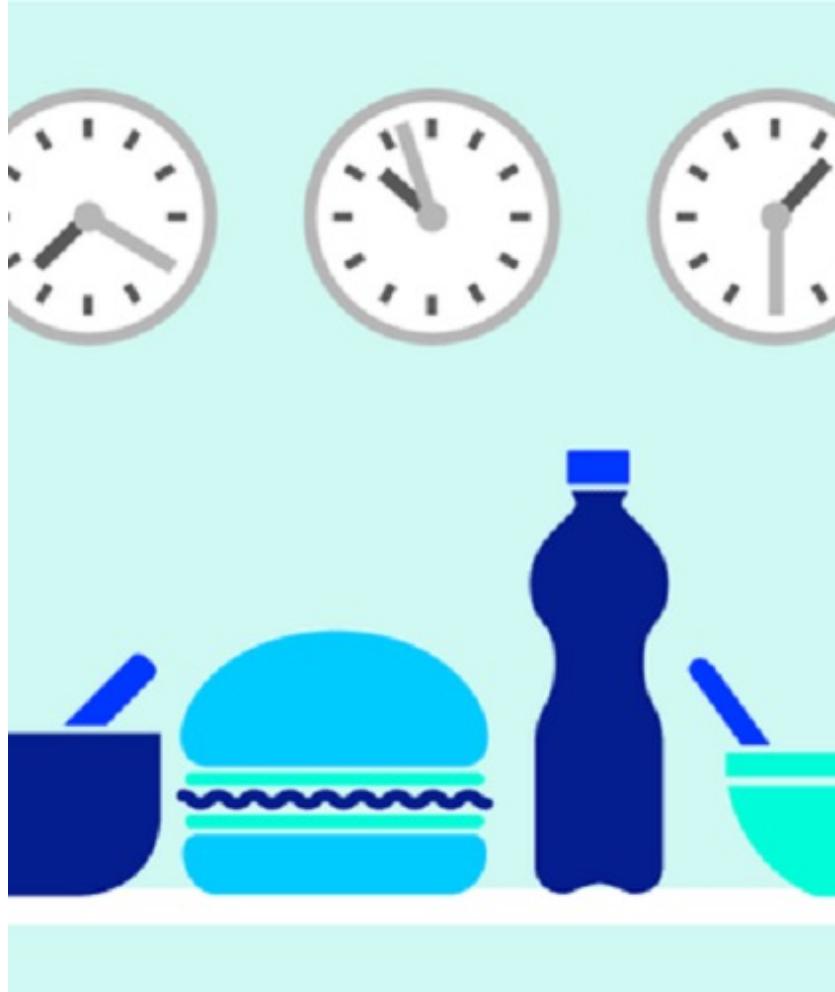


GOAL SETTING

S SPECIFIC
M MEASURABLE
A ATTAINABLE
R RELEVANT
T TIME-BOUND



GOALS, HABITS & GROWTH

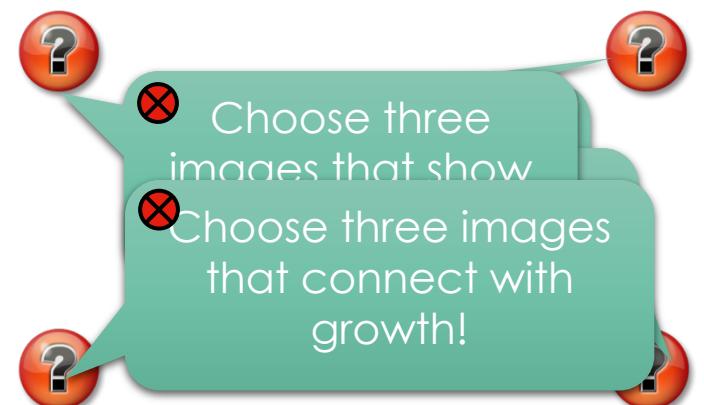
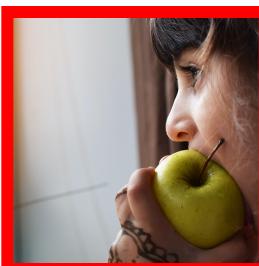
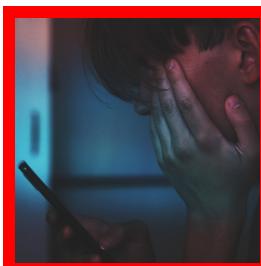
INSPIRE EACH OTHER, GROW TOGETHER

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Goals, Habits & Growth



Click on the question marks above and select three images each time.

Which images are the odd ones out?

What connections do you see between goals, habits and growth?

Photos - [Unsplash](#)

Thinking images!

Reset

ACTIVATING OUR THINKING & COMMUNICATION SKILLS

Think about the questions posed in the link below.

<https://www.menti.com/cktxajre64>

With your partner discuss and respond to each question



Come back to take a look at our thinking here.

<https://www.mentimeter.com/s/7de7763c620c2314cc756cd2943dad3e/345d48dff9bf>

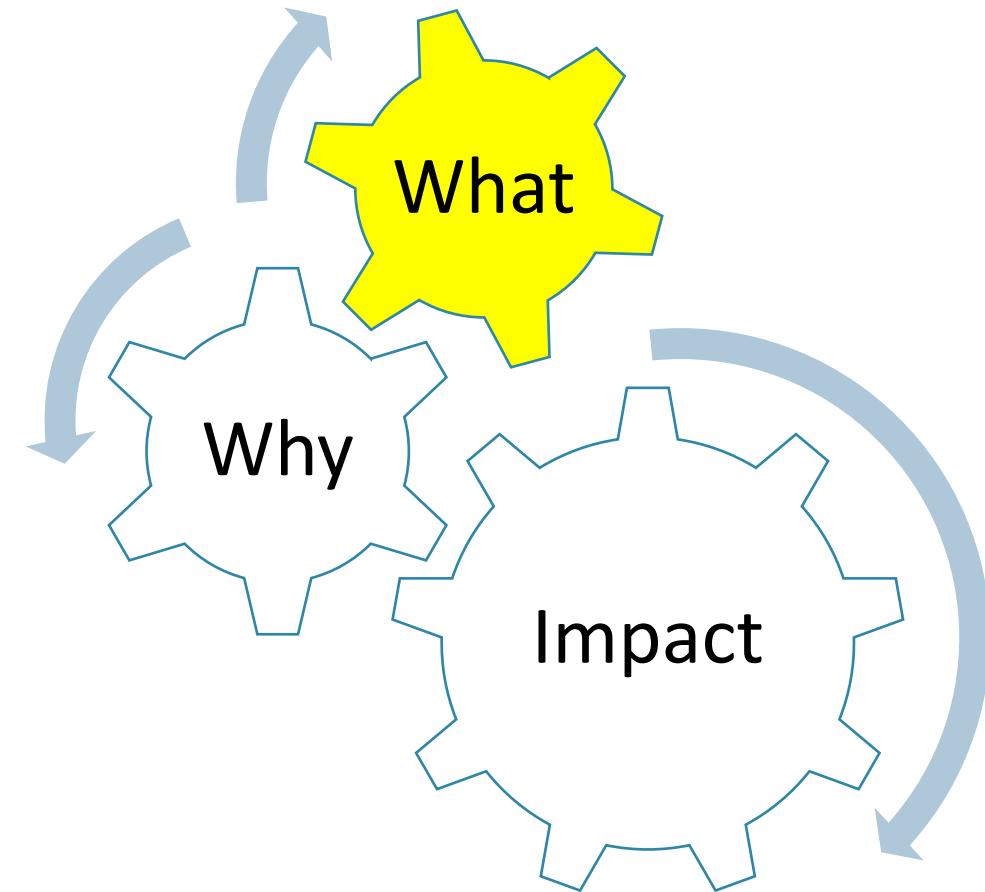


Think back to your chosen goal.

Keep this in mind!

HABIT MAPPING: WHAT ARE YOUR DAILY HABITS?

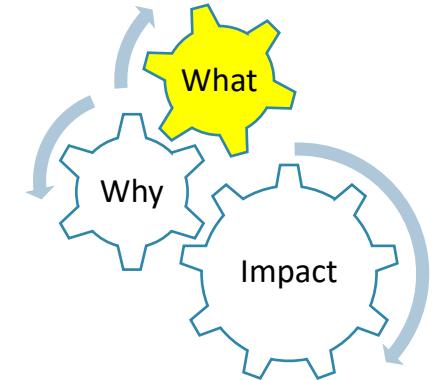
- What habits do you have? What do you do every day that is a choice yet you do pretty much without thinking?
- 3 minutes. Make a list. Write down everything you think of, don't question your list too much just write everything down!



SHARING IDEAS....

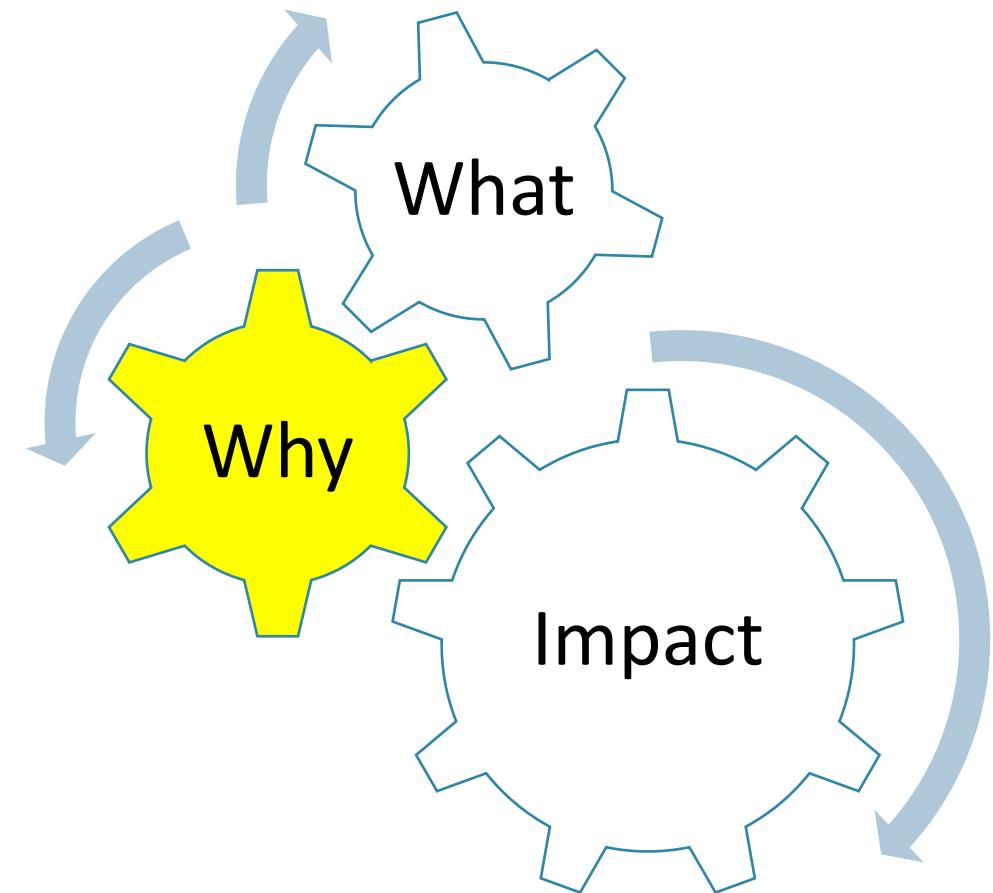
WHAT

- Brush my teeth.
- Set my alarm for 6am.
- Have a coffee as soon as I wake up.
- Write in a journal.
- Read the news each day.

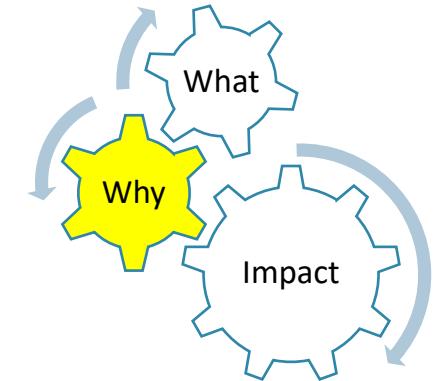


HABIT MAPPING: WHY HAS THIS BECOME A HABIT?

- Look at your list. Pick ten habits to think about.
- Why has this become a habit – what purpose does it have?
- Write down the ‘why’ next to your habit.



SHARING IDEAS....



WHAT

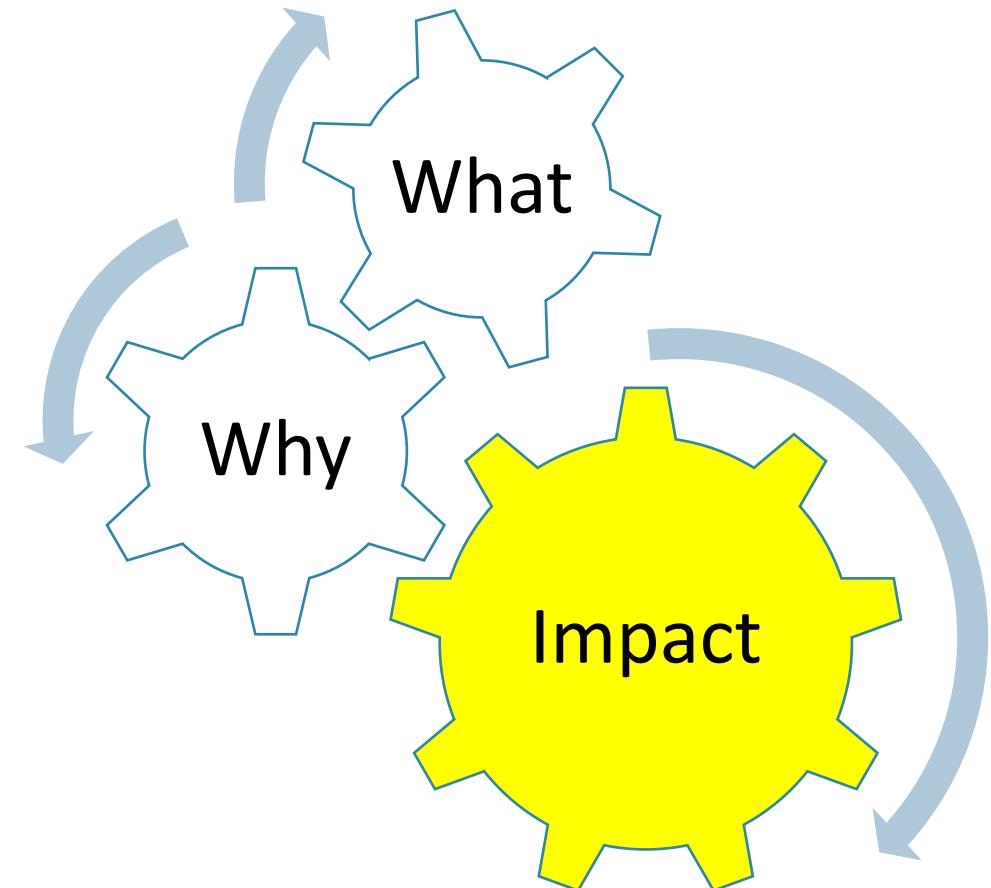
- Brush my teeth.
- Set my alarm for 6am.
- Have a coffee as soon as I wake up.
- Write in a journal.
- Read the news each day.

WHY

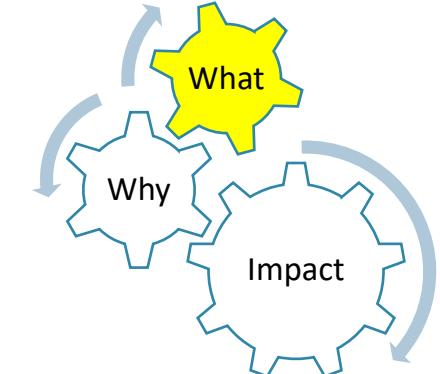
- Stay clean and healthy.
- Have time to get ready in the morning.
- Helps me wake up.
- Like to write, think about ideas.
- Know what is happening in the world.

HABIT MAPPING: WHAT IMPACT DOES THIS HABIT HAVE?

- Look again at your ten chosen habits. You have listed what these are and why you make this choice. Now think about what impact this has.
- Write the impact next to each habit.



SHARING IDEAS....



WHAT

- Brush my teeth.
- Set my alarm for 6am.
- Have a coffee as soon as I wake up.
- Write in a journal.
- Read the news each day.

WHY

- Stay clean and healthy.
- Have time to get ready in the morning.
- Helps me wake up.
- Like to write, think about ideas.
- Know what is happening in the world.

IMPACTS

- Brush my teeth.
- Helps me feel prepared.
- Makes me feel relaxed, awake and ready.
- Helps me feel organized in my thoughts.
- Feel informed although can also make me feel sad and upset..

Making Connections.....

**Think back to your
chosen goal**





Are there habits that create a block?

Habits that prevent you from reaching your goal?

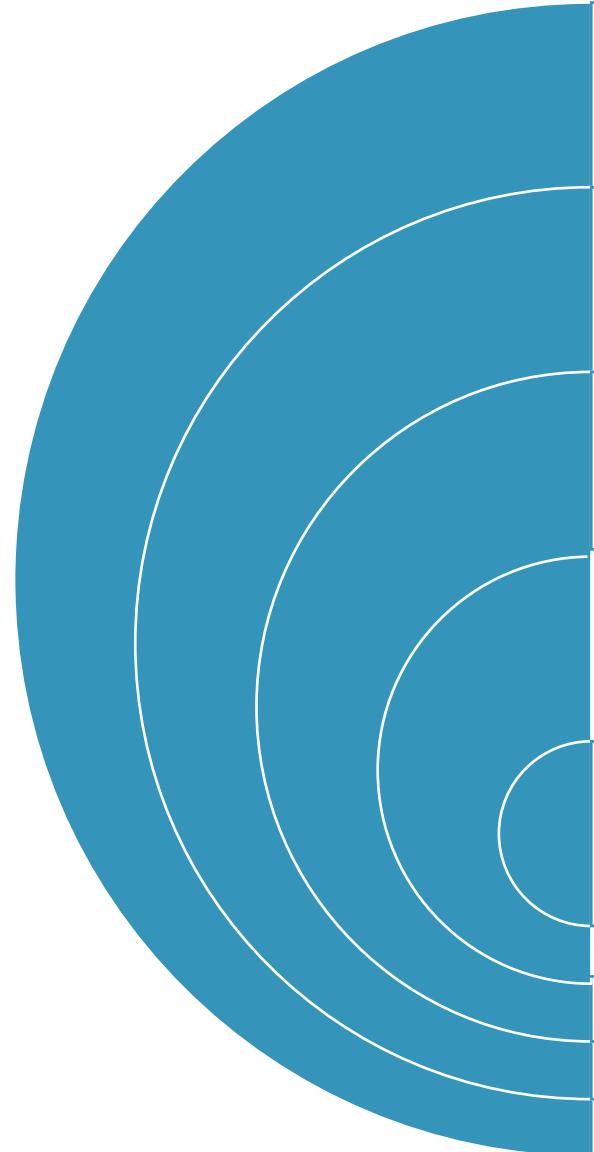
Are there habits that
help you grow?
Habits that lift you up?



Pick a habit!

Choose a **habit** you either want to **develop or change**. Write down a plan with five points. Be ready to share with your partner.





Celebrate your small successes!

Tell a friend about your habit plan.

Decide how you will keep track of your progress.

Prepare what you need.

Write down your habit.