



## GOAL SETTING ACTIVITIES:

### Introduction

The activities in this pack have been developed to be used in conjunction with the

### **'Goal Setting for Success'**

pack and the associated lesson plan. They can be used either in a classroom environment or on an individual basis. They do not necessarily have to be used with the pack but, can also be used as stand-alone exercises.

The activities are designed to motivate, stimulate and inspire young people to take action to improve their future prospects and to help with achievement of their goals.

All resources in this pack can be photocopied and used with as many learners in your school or college as you wish.

At First Oracle we believe passionately in the tremendous power that goal setting has on individual performance, this is what has led us to develop this pack and the exercises.

All the activities can be delivered by Teachers of any discipline. The activities include an information sheet and all related photocopiable resources. They can be used in a number of different ways; either as part of a full programme on goal setting or delivered in bite-size chunks to motivate and inspire learners.

We hope that you and your learners achieve success in your chosen goals. We would love to hear any success stories, please email us at [goals@firstoracle.com](mailto:goals@firstoracle.com).



Good luck from all of us at:



"Goals are dreams with deadlines."  
Diana Scharf Hunt