

## Goal Setting



**Say to Youth:** A goal without a timeline is just a dream.

## 3 Stars & A Wish

### **Materials:**

- Paper
- Pencils
- Markers/colored pencils/crayons
- Star template (mid-sized)
- Star template (large)

### **Instructions:**

- Adult creates mid-sized star templates and large star template
  - The mid-sized star should not be too big, so the white paper can fit 3 stars. In addition, the star should not be too small, so the child can write a word/phrase in it.
- Child uses mid-sized star template to draw (adult can help too) 3 stars on the child's paper.
- Child writes 3 strengths in each star
  - For example, child could write, "I'm good at cartwheels."
- Child flips the paper over to the blank side and uses large star to trace on the blank side.
- Child writes a wish in the large star.
  - The wish is something that child needs or wants to work on (a goal)
    - For example, child could write, "I want to make lots of friends."
- Child can color in stars if they want to.



**Reflection:** Reflect with child on why they wrote the strengths in each of the three stars. After this, discuss with child about their goal in the large star. Create steps/scenarios with them on how they could achieve this goal.