

Goal Setting and Listening Carefully



Say to Teen: Setting goals is the first step in turning the invisible into the visible.

Wheel of Fortune

Materials:

- Paper
- Pencil
- Markers/colored crayons/crayons
- Circle (divided into 6 pieces) template (if necessary)

Instructions:

- Teen draws (adult can help too) a wheel divided into segments:
 - On each segment, teen writes important categories in their life: family, friends, school, tennis, music, etc
- Teen chooses one category that they would like to focus on first.
 - They will write out each that they would like to accomplish in a set period of time (this year, for example)
 - For example, if category is “Tennis,” teen might write that they would like practice at least three times a week by improving their forehand and learning to serve.
- Teen colors and decorates their wheel however they would like, then hang their artwork somewhere prominent.

Reflection: Adult and/or peer practices listening skill by having teen talk to them only. Adult and/or peer is responsible for asking questions only. Discuss with child about the steps they will take to achieve their goals and what obstacles they may encounter along the way. If there are obstacles, what will they do to overcome them?

▶ **COLOR AND DECORATE THE WHEEL**

