

Girls Clubs of the GTA

November: Achieving Goals Means Having a Plan!

Talk Outline

- Because nobody is perfect, each of us has something we can improve on. That is a really good thing! Every single one of us can have a personal goal for self-improvement.
 - It is a goal because we are aiming to be a certain way that we are not yet right now. If we were getting set to go on a journey, it would be our destination!
 - Self-improvement is the process of trying to be better ourselves. It is good to work on being better because we can do more good and help others more!
 - We say personal goal because whatever it is we need to improve on is something we know we could be better at after we really think and consider things very well. It is our own and not any one else's, although it is possible someone has the same one.
- Last time, we talked about how being sincere in what we do means trying our best and looking for ways we can be better at whatever we do. One of the ways we may be able to do this is to have a plan!
 - Having a plan means that we have thought things through before simply doing whatever first comes to mind, or what we feel like doing.
 - We think about what we need to achieve (that is our goal), and what we have to do to make this happen (which is our plan).
- A good plan usually has a beginning, middle and an end. It has steps that lead to achieving the personal goal.
 - If we were on a journey, a plan will show us where we are starting from and the steps we need to take in order to get to our destination – our goal.
 - The steps are like those of a staircase – taken one by one, they will eventually lead to the goal we set for ourselves!
 - Each step in a good plan is a particular thing we can do within a certain amount of time. We work within the time in order to move on to the next step.
- Having a plan helps us to achieve a goal, but it does not mean we will not run into challenges some times.
 - A challenge could be that we make a mistake and feel frustrated, or we become impatient and want to just skip steps to get to our goal. It could also be that we start to think that we cannot do what we set out to do because we are not good enough.
 - When we feel challenged, it is good to stop a moment and think again about why our goal is important. We can think about the steps we need to take and what we need to do for whatever step we are on. It is normal to have challenges.
 - We do not give up at the first sign of difficulty, but we keep on trying. That is perseverance. It helps to talk to someone we trust, who knows about our personal goal and can help us figure out how to continue without giving up.
- **Points for Consideration:**
 1. *Everyone has something she can improve on. Have I thought of a personal goal I can work on towards a good habit or helpful skill?*
 2. *A good way to come up with a personal goal is to think of something good we find difficult to do. Is my personal goal really about getting better at a good habit or a helpful skill?*
 3. *If we are sincere in wanting to improve or be better, it is good to come up with a plan on how to do it. Do I actually have a plan for how to achieve my personal goal?*
 4. *Being sincere in our effort to improve ourselves means not giving up when there are challenges. Are we tempted to give up when things get a little difficult? Or do we persevere and keep trying?*
 5. *It is helpful to talk to someone we trust about our personal goal so that they can encourage us and help us when we find it hard to keep going. Do we have someone to talk to regularly?*