

REACH FOR THE STARS GOAL-SETTING PATCH Girl Scouts of Middle Tennessee

Brownie Girl Scouts

complete two starred and two additional activities

Junior Girl Scouts

complete three starred and two additional activities

Cadette, Senior, Ambassador Girl Scouts

complete four starred and three additional activities



Try these activities to learn about setting and achieving goals:

1. *Define the words "goal" and "wish." How are a goal and a wish different from each other? What does it mean to set a goal? What does it mean to achieve a goal?
2. *Set a goal that can be accomplished within one week. Keep a journal each day during that week detailing what you did that day to work toward your goal. (Girls may draw pictures of what they did each day rather than writing it.)
3. * There are five steps to goal setting:
 1. Write goals down:
 2. Make goals short, attainable and measurable.
 3. Create deadlines.
 4. Look at your goals every day (or as often as possible).
 5. Make goal setting a routine.As a group, use the above steps to set an action plan for one of the following situations:
 - helping a new kid at school to feel included
 - planning a camping trip
 - making up your bed every morning before school
 - earning enough money to buy a new bike
4. *Make a collage that represents what you want for your future. When you're done, look at the collage and make a list of some things that need to happen in order to achieve those goals.
5. Agree or disagree: It is better to set lower goals than to risk failure by setting higher ones. Discuss this with other girls your age and with two or three adults. Ask each person what her/his personal definition of success is.
6. What are some goals that you have right now? How do you decide what your goals are? Who and/or what influences your personal goals?
7. Write a short essay about a time when you succeeded because you set a goal. What did you do? How did you feel? What did you learn? Also write about a time when you set a goal but did not achieve that goal. What happened? How did you deal with it? What did you learn? Did anything positive come out of the experience?

8. Develop an action plan for a goal that you set for yourself. Include the following steps:
 - A. Define the goal. (What do you want to have happen?)
 - B. Outline the steps needed to achieve it. (What do you need to do to make it happen?)
 - C. Consider what blocks or setbacks might happen, and how you will deal with them. (What might keep this from happening or get in the way of your goal?)
 - D. Set deadlines for each step and the overall goal. (When does each thing need to happen?)
9. Invite a girl or woman who you view as successful to come to your troop meeting to talk about how setting goals contributed to her success.
10. Read a biography about a woman who achieved one of her goals. What lessons does her story teach you?