

New Years Goals

2

The goals I had at the beginning of the school year:

Did I improve? Why or why not?

Should I keep my goals or pick 2 new goals?

2

What can I do to reach my goals by the end of this school year?

1

What fun goals do I want to do this school year?

Bigs: Setting goals is a tangible way to see improvements in our lives. It gives us something to reach for and be intentional with our meeting times. It also gives something for Littles to be thinking about and as Bigs you should be encouraging them to follow through. Think about their goals and consider what you can do with your Little for the rest of the school year to help them reach their goals.

Discussion questions

1. What is a goal?
2. Why do we set goals?
3. Little, what goal do you have for your Big?
4. Big, discuss with Little how you can help them achieve their goal in the program.