



**Greater Good in Education**  
SCIENCE-BASED PRACTICES FOR KINDER, HAPPIER SCHOOLS

## SETTING LONG-TERM GOALS

### INSTRUCTIONS

Think back to the activity where you were asked to imagine your life at 40, assuming that things had gone as well as they possibly could have. Answer the questions below.

WHAT LONG-TERM GOALS DID YOU HIGHLIGHT?

WHAT STEPS COULD YOU IMAGINE TAKING TO MAKE THAT LONG-TERM VISION A REALITY?

WHAT DO YOU NEED TO DO IN THE NEXT MONTH TO HELP YOU REACH THOSE GOALS? WHAT ABOUT IN THE NEXT YEAR? THE NEXT 5 YEARS?

WHAT ARE SOME OBSTACLES YOU MAY FACE AS YOU WORK TOWARD THESE PERSONALLY MEANINGFUL GOALS? HOW MIGHT YOU OVERCOME THESE OBSTACLES?

WHAT ARE YOU DOING NOW TO REACH YOUR GOALS? IS THERE ANYTHING YOU NEED TO CHANGE TO HELP YOU REACH THOSE GOALS? IF SO, WHAT IS IT? ARE YOU CONFIDENT YOU CAN REACH YOUR GOALS? WHY OR WHY NOT?