



**TAKE IT DEEPER:**

**A Quest for Hope: Your Adventure in Goal-Setting! 1 of 2**

**1. What Matters Most?**

Think about what really matters to you. What do you want people to remember you for when they look back on your life? Share why it's important!

**2. Make Your List!**

Write down all the things that are super important to you! Here are some ideas to get you started:

- Family
- Friends
- School
- Sports
- Arts
- Environment
- Helping people
- Justice and equity
- Future career

**3. Choose a Category to Boost!**

Pick one area you'd like to improve. Then, come up with 2-3 awesome goals that are specific and easy to measure. Let's focus on solutions!



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**4. Rank Your Goals!**

Now, put your goals in order from most important to least important. Which one do you really want to tackle first?

**5. Map Out Your Steps!**

Take your top goal and break it down into smaller steps. What do you need to do first to reach that goal? What are the next steps? Make it a clear path!

**6. Plan for Obstacles!**

Sometimes things don't go as planned. Think about one challenge you might face while working on your goal. Can you come up with a different way to get around it? Visualize your backup plan!