



Goal Setting with Thrive



Name: _____

Project: _____

Directions: Using the Thrive “GPS” format, set at least 4 goals for yourself this coming year. Include two goals for your project, one for yourself, and one that helps contribute to the community.

	Goal Selected (What do I want to achieve?)	Pursuit of Strategies (How am I going to achieve it?)	Shifting Gears (How will I alter my plan if things don't go the way I hope they will.)
1. Project			
2. Project			
3. Self			
4. Contribution (or another C)			

Helpful hint: Make sure your goals are SMART, (Specific, Measurable, Attainable, Realistic, and Timed)

Select goals that are meaningful and feed your **SPARK**.

When things don't go as planned, remember your GROWTH MINDSET. Learn from your mistakes and obstacles, adjust your plan.

Goal Setting with Thrive



SAMPLE

Name: Joe Smith

Project: Foods & Nutrition Leadership

Directions: Using the Thrive “GPS” format, set at least 4 goals for yourself this coming year. Include two goals for your project, one for yourself, and one that helps contribute to the community.

	Goal Selected (What do I want to achieve?)	Pursuit of Strategies (How am I going to achieve it?)	Shifting Gears (How will I alter my plan if things don't go the way I hope they will.)
1. Project	Help youth become aware that exercising can be fun and healthy.	Demonstrate use of bicycle blender to make a healthy fruit smoothie. Then have 2-3 members take turns riding the bicycle blender.	The chain on the bicycle blender falls off. Using the tools provided, I demonstrate how to fix the bike and children resume riding.
2. Project	Help youth learn to measure ingredients properly.	Demonstrate how to measure dry and liquid ingredients. Then have 2-3 members take turns practicing. Emphasize that successful food preparation requires proper measuring.	I discover that there is not enough of the ingredients left in the package to complete the demonstration, or there is an accident that reduces the amount of ingredients available. I demonstrate how to cut a recipe in half or find a new recipe that uses the ingredients on hand.
3. Self	Make healthier eating choices.	Choose and prepare healthier snacks that include fresh fruits.	I learn to read labels. When fresh fruits are not available, I read labels and pick snacks with less sugar and fat.
4. Contribution (or another C)	With children, grow tomatoes to donate to food bank.	With children, plant, feed and water tomatoes; then harvest and share with Food Bank.	The squirrels eat all the tomatoes just before harvest. We learn about garden pests and how to prevent them from eating crop. I invite Food Bank to come talk to group about what they most need.

Helpful hint: Make sure your goals are SMART, (Specific, Measurable, Attainable, Realistic, and Timed)

Select goals that are meaningful and feed your **SPARK**.

When things don't go as planned, remember your GROWTH MINDSET. Learn from your mistakes and obstacles, adjust your plan.