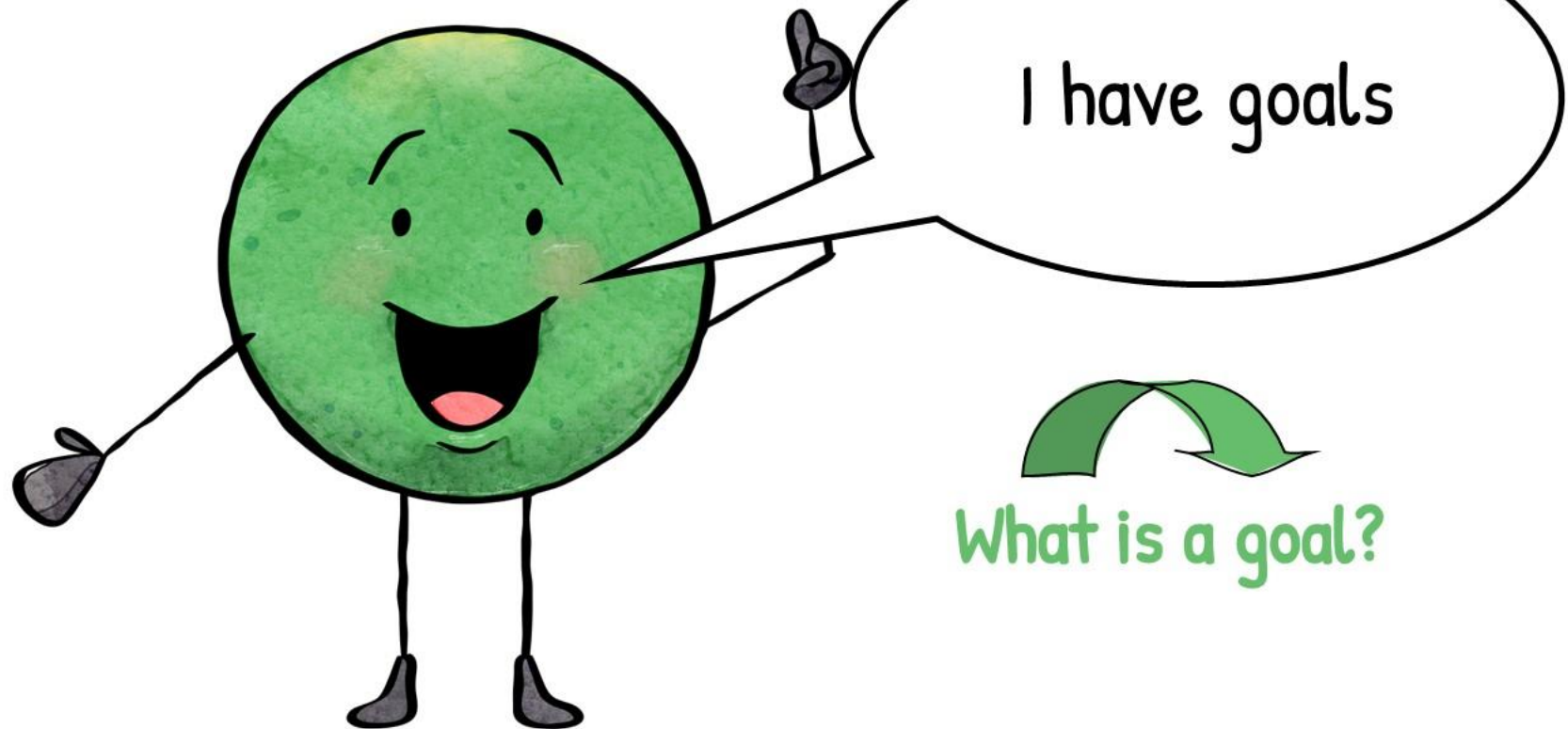




Are you
ready for ...



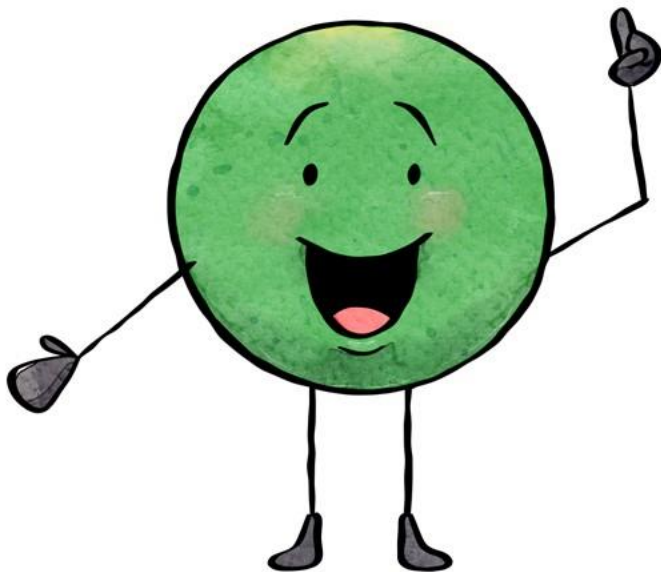
**WISHES
WEDNESDAY**



What is a goal?



A goal is something you want to achieve. It is something that you are able to achieve with hard work.



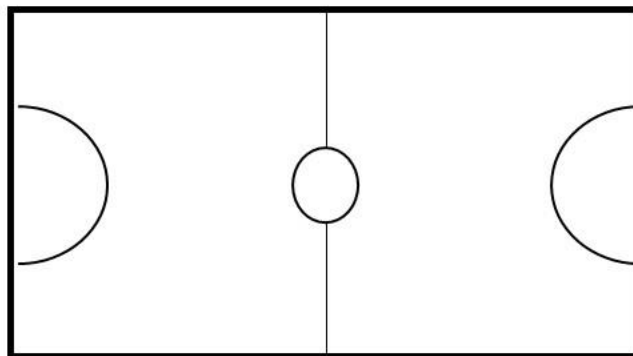
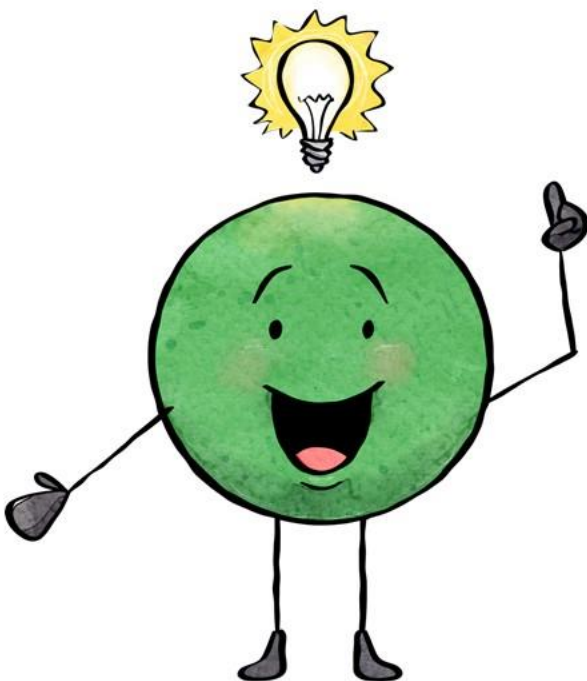
Imagine scoring a goal at football. It is quite hard to do but how amazing it feels when the ball hits the back of the net.

Your goal in football is getting the football into the net.

Let's set a goal this week

Activities

- Think about something you can achieve this week providing you put in a bit of work. It shouldn't be too hard and it shouldn't be too easy. Talk about some goals with someone.
- On a piece of paper draw a football pitch with a goal post at either end. Draw a ball and cut it out. Write your goal on the football. Now place your football in the middle of the pitch. Whenever you do something that helps you achieve your goal you can move the football closer to the goal post (choose the side you are aiming for). Once you have achieved your goal you can put the football into the net. How does it feel to get to your goal?



Set goals that aren't too easy but aren't too hard either

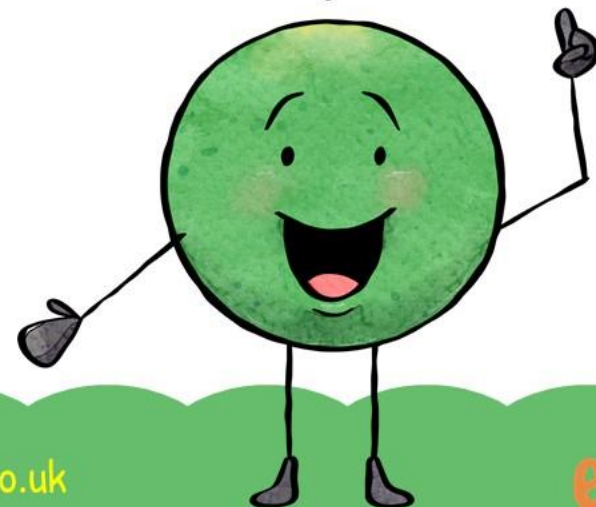
Affirmations



I can achieve my goals

I am a hard worker

Look in a mirror and
repeat these
statements out loud
every single day!





Awesome
work!

Do you have
goals?

