

## Lesson Plan Outline

<b>Lesson Title:</b> Now and Later	<b>Topic/Focus:</b> Goals and purpose	<b>Level:</b> All
<b>Objective:</b> <i>Briefly explain the objective and the top three points you hope to communicate through the activity.</i>  Helping our GEMS grasp a vision for their future is important. This activities encourages them to create practical goals. The activity should prompt motivation and creativity and serve as a visual image or where they envision themselves throughout the year or throughout their lives.		<b>Supplies/Materials:</b>  <input type="checkbox"/> Three in Three cards <input type="checkbox"/> Pens
<b>Journal Prompt:</b> What do you need this year to live your best life?		
<b>Introduction:</b> <i>Warm up activity, icebreaker, illustration, video, song, article, game or story to set the tone for the topic and activity.</i>  Begin by asking GEMS the following questions: <ul style="list-style-type: none"> <li>▪ How many of you would say you are living your best life? Why are why not?</li> </ul> Instruct them to do a pair share and describe what their “best life” would look like? Upon conclusion, continue with the questions below: <ul style="list-style-type: none"> <li>▪ <i>How many of you answered “yes” to the question, are you living your best life?</i></li> <li>▪ <i>What is it about what you describe that makes it desirable?</i></li> <li>▪ <i>For those who answered “no”, how many of you feel the life you described is attainable?</i></li> <li>▪ <i>As you look at your current life, what things do you think are going well and what things would you like to see change for the better.</i></li> <li>▪ <i>Can the choices and decisions you make at this point in your life help you to achieve (or maintain) “your best life”? Explain.</i></li> </ul>		
<b>Activity I</b>  Instruct GEMS to close their eyes for one minute and envision themselves at the place where they want to be THIS year (physically, mentally, spiritually, socially, emotionally, etc.) Ask for volunteers to share what they saw in their minds. <ul style="list-style-type: none"> <li>▪ Ask them GEMs if there is a difference between a “wish” and a “goal”?</li> </ul> Explain, in order for something to be a goal: <ul style="list-style-type: none"> <li>▪ It has to be important to you, personally.</li> <li>▪ It has to be within your power to make it happen through your own actions.</li> <li>▪ It has to be something you have a reasonable chance of achieving.</li> <li>▪ It must be clearly defined and have a specific plan of action.</li> </ul>		

Distribute the Three-In-Three cards and ask GEMs to write down three things that they would like to accomplish over the next three months. Once they complete them, ask for volunteers to share their answers.

- ***Are your choices realistic?***
- ***What specific things can you do to make your goals a reality?***
- ***Who can hold you accountable?***

Reflect, Inspect, & Accept

The only way to get what you have never gotten is to do what you have never done. Find an accountability partner and make a commitment to yourself to the goals you selected.

