

CRASHING INTO
POTENTIAL

Goal Brainstorm

Social Goals

Sporting Goals

Academic Goals

Creative Goals

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Goals Roadmap

Yearly Goal: Make new friends

Monthly

1. Attend 1 social event
2. Join or attend 1 club or group meeting
3. Develop good listening skills

Weekly

1. Start 3 conversations with a classmate
2. Invite 3 new people to join you at lunch
3. Attend 1 extracurricular activity

Daily

1. Smile at everyone you talk to
2. Say hello to someone new each day
3. Be kind and inclusive to everyone

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Goals Roadmap

Yearly Goal: _____

Monthly	1.
	2.
	3.

Weekly	1.
	2.
	3.

Daily	1.
	2.
	3.

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Responsible Choices

The Lost Item: You borrowed a friend's favourite book and you accidentally lose it. Do you tell your friend the truth and apologise or ignore them and hope they don't ask? Think about how honesty and responsibility play a role in this situation.

Tell them	Ignore them
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Consequences

Tell them: _____

Ignore them: _____

The Group Exclusion: Your classmates are forming a group for a project, but they don't invite you to join. Do you confront them about it and ask to be included or find another group to work with? Consider how you can speak up for yourself while also respecting others' choices.

Confront them	Find another group
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Consequences

Confront them: _____

Find another group: _____

The Bullying Encounter: You witness someone in your class being bullied by a group of students. Do you stand up for the victim or stay out of it to avoid becoming a target yourself? Think about the importance of empathy and courage in this situation.

Stand up for them	Avoid them
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Consequences

Stand up for them: _____

Avoid them: _____

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Fixed or Growth Mindset

FIXED

GROWTH

I'm just not naturally talented

With effort and persistence, I can improve

I'm just not lucky

My intelligence is not fixed; it can be developed

I'm not a creative person

I've always been bad with technology

I can develop new skills with practice

I'll never be able to change my habits

Challenges are opportunities for growth

I'll never be good at public speaking

I'll never be able to understand complex concepts

I can learn from feedback and criticism

I may not be there yet, but I'm making progress

Every mistake is a chance to learn

I believe in my ability to overcome obstacle

I'm not a natural leader

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Perseverance Reflection

Reflect on a time where you faced a significant challenge or setback. Consider how you persevered through the difficulty and think about what strategies or qualities helped you overcome it. Below are a few prompts to guide your reflection.

- Describe the challenge you faced and how it made you feel.
- What actions did you take to overcome the challenge?
- Did you encounter any setbacks or obstacles along the way? How did you handle them?
- Reflect on how you felt when you finally achieved success or overcame the challenge.

What did you learn from this experience about perseverance and resilience?
