Set sparks goals: Goal-setting strategies are used by champion athletes, distinguished musicians, honored leaders and almost all successful people. Goals help to provide long-term vision and short-term motivation. They help you organize your time and resources so that you can accomplish the things that are most important to you.

Think about your spark. (Remember, a “spark” is a passion—an activity, character trait or belief you care deeply about.) Use the Sparks Goals strategy to create a specific goal you want to accomplish. On a separate sheet of paper, write a response to each question listed in each “S” section of the Sparks Goals Strategy Chart. Identify specific steps you will take to move toward achieving your goal. Then, take action—one step at a time!

**Sparks Goals Strategy**

**S¹**
**SET SPECIFIC GOALS**
Be specific about what you want to accomplish.
- What is the scope of your goal? How will you measure it?
- What is the span of your goal? Determine a specific timeframe.
- Is your goal securable? Can you realistically achieve it?

**S²**
**SHARE YOUR GOAL**
Share your goal with other people. Many people will connect with your goal and offer support. Networking is a great step toward achieving your goal.
- Who are the people with whom you will share your goal? List 5-10 names.
- What will you tell them about your goal? What support might you need?

**S³**
**SPECIFY NEEDS & SEEK SUPPORT**
When you set goals, there are details you need to identify and manage (i.e. make an appointment or create a “to do” list). It is important to identify and complete these steps in order to reach your goal.
- What are some specific steps you need to take in order to achieve your goal? Create a “to do” list.
- Who will you need to ask for support?

**S⁴**
**SUCCEED & CELEBRATE!**
Stay consistent and persistent as you move toward your goal. If you run into challenges, be flexible and adjust. Persevere! And, when you reach your goal, remember to celebrate!
- What are some challenges that might arise?
- What can you do to overcome them?
- How will you celebrate when you reach your goal?

**Explore individual and group goals:** Explore USA TODAY and identify examples of individuals and groups who have achieved their goals. Identify your favorite story that relates to goal-setting and answer the questions below:
- What was the specific goal?
- How was the goal shared or communicated with others?
- What details were identified in order to achieve the goal?
- What were the challenges or obstacles? How did the people/group move forward?
- How did the person/group celebrate the achievement of the goal?

**Contribute to a better world:** Are you passionate about making a contribution to your school? Set a goal to help your school earn a $1500 Best Buy gift card. Go to www.at15.com and become a member. Then, click on “The Teach @15 Awards.” Here you will find out how you and your friends can earn a $1500 award from Best Buy for your school. Use the Sparks Goals strategy to create a goal and win an award. All it takes is a little “spark” to get things started!