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# MAKE SPARKS FLY

## Determine Next Steps

**Set sparks goals<sup>4</sup>:** 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<sup>4</sup> 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<sup>4</sup> Strategy Chart**. Identify specific steps you will take to move toward achieving your goal. Then, take action—one step at a time!

### 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](http://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<sup>4</sup> strategy to create a goal and win an award. All it takes is a little “spark” to get things started!

### Sparks Goals<sup>4</sup> Strategy

S<sup>1</sup>

#### 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?

S<sup>2</sup>

#### 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?

S<sup>3</sup>

#### 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?

S<sup>4</sup>

#### 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?

