

These people need your help setting goals.

As a large or small group, create specific goals for the people described below.

- Give them 3-5 small steps
- Create their to-do lists
- Give them a reward system
- Make start and end dates



Help them improve!

1. Misha wants to make the basketball team, but doesn't have the experience the rest of the players have. Her dribbling and shooting need the most work.
2. Darius has a C- in Math and wants to have a B+ by the end of the year which is two months.
3. Damien only has one friend at school and wants more friends this year.
4. Chantel doesn't want to be tired at school. She stays up until 11 pm watching TV in her room because she doesn't feel tired before 11.