



# Goal Setting

## WEEK 2: CHARACTER DRILL ON GOAL SETTING

### AGE-SPECIFIC MAT CHAT FOR AGES 8 to 12

#### DRILL: MAP OUT A PLAN

"Many goals require a plan that you must map out before you get started. In this drill, you are each going to do 50 push-ups, leg raises, squat jumps, and jumping jacks. Your job is to map out how you will accomplish this goal and then you will complete it.

#### Steps:

1. If you have a big class, split the class into several groups.
2. For each group you will need an instructor to monitor the students.
3. Pick one student to go first. That student will stand up and explain how they will do 50 of each exercise. For example:
  - a. You can do 5 sets of 10 reps per exercise.
  - b. You can do 2 sets of 25 reps per exercise
  - c. You can do one set of 50 reps per exercise
4. This will definitely take some time, so you can have several students going at once, if necessary.
5. Applaud each student as they set and achieve their goal.