



Choose Your Division

4TH-5TH GRADE

6TH-8TH GRADE

9TH-12TH GRADE



September
GOAL SETTING &
GROWTH MINDSET

4TH-5TH GRADE

THEME OVERVIEW:

At this age, students benefit from visualizing their goals and breaking them into smaller steps. The key is to keep goals positive and achievable.



Worksheet
**DREAM BIG
GOAL SHEET**

4th-5th Grade

MY BIG DREAM FOR THIS YEAR

MY ACADEMIC GOAL

MY PERSONAL GOAL

STEPS I WILL TAKE

.

.

.

STEPS I WILL TAKE

.

.

.

WHEN THINGS GET HARD, I WILL...

☐ Keep trying

☐ Ask for help

☐ Practice more





FAMILY CHALLENGE:

Pick one personal and one academic goal. Write them on sticky notes and place them somewhere visible (fridge, bedroom mirror). Check off progress weekly.

REFLECTION PROMPT:

What's one time you worked hard to learn something new?

How did you feel when you finally achieved it?





September
GOAL SETTING &
GROWTH MINDSET

6TH-8TH GRADE

THEME OVERVIEW:

Middle schoolers are ready for more structure in goal setting.
Learning the SMART method gives them a repeatable framework.



Worksheet SMART GOAL PLANNER

6th-8th Grade

S - SPECIFIC

What exactly do I want to achieve?

M - MEASURABLE

How will I know I've achieved it?

A - ACHIEVABLE

Is it realistic?

R - RELEVANT

Why is this important to me?

T - TIME-BOUND

By when will I achieve it?





FAMILY CHALLENGE:

Choose one academic and one personal SMART goal. Spend 5 minutes each Sunday checking in as a family on progress.

REFLECTION PROMPT:

How can effort be more important than talent?

What's one obstacle you might face, and how will you handle it?





September
GOAL SETTING &
GROWTH MINDSET

9TH-12TH GRADE

THEME OVERVIEW:

High school students are beginning to think about long-term goals and life beyond school. Vision boards and mentorships encourage forward thinking.



Worksheet LIFE MAP & VISION BOARD

9th-12th Grade

LIFE MAP

Draw or write your goals for the next year.

Draw or write your goals for the 5 years.

Draw or write your goals for the 10 years.





Worksheet

9th-12th Grade

LIFE MAP & VISION BOARD

VISION BOARD

Use the space below for pictures, quotes, or drawings to represent your future ambitions.





FAMILY CHALLENGE:

Identify a mentor (teacher, coach, community leader, or family friend) who can guide you in one of your goals. Reach out and schedule a conversation.

REFLECTION PROMPT:

Who do you admire and why?

What's one thing you can start doing today that your future self will thank you for?

