

Back to school craft #1: Goal Jar

A goal is more than just a dream—something you wish would happen. Real goals involve planning, flexibility, and good, old-fashioned hard work.

Why Store my goals in a jar?

- 1. Sense of accomplishment:** When you complete a task (i.e. Homework) you can pat yourself on the back.
- 2. Self confidence:** Destroyed that homework assignment? Slay the Exam!!!
- 3. To be positive:** If I can tackle this now, I could rock the future!!!



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Do not wait until you have every detail worked out to get started. Ask yourself, 'What is the very first thing I can do toward reaching my goal?' Then do it. Track your progress as you complete each step.

What Will I need?

- ★ Jar (Plastic or Glass)
- ★ Slips of paper
- ★ Colored Pens, pencils, markers...**BE CREATIVE!**
- ★ Glue
- ★ Scissors
- ★ Tissue paper
- ★ Ten goals (school is ten months)

What we doin'?

1. Clean your jar
2. Decorate your jar (Glue colored tissue papers all over the jar to prevent peeking. Your goals are a secret... Never let anyone know your next move.)
3. Tag your jar with just your name. (Go back to step 2)
4. At the beginning of each month, write out your goal and have it **ONLY** where you can see it.
5. After goal has been accomplished, put the goal in the jar. Repeat step four and this step for the next nine months until June.
6. At the end of the school year, relax. Then plan for next year.