



# Youth Connection

## Session 5

### *"Dreams & Goal Setting"*

## DREAMS & GOAL SETTING

**Goal:** To gain or strengthen our sense of purpose and feel more confident in setting goals and taking steps that will help us in achieving our dreams.

### Key Points:

- ⊗ Dreams can give us hope and give us a sense of purpose for our future.
- ⊗ There are steps we can take to help us set goals and achieve our dreams:
  1. Identify our dreams.
  2. Develop a plan.
  3. Ask for help.
  4. Be flexible.
- ⊗ Getting into fights and using alcohol and other drugs can keep us from reaching our dreams or achieving our goals.

**Major Message:** *I BELIEVE in my purpose and future.*

## I. Sunshine and Cloud

### II. Review and Introduction

#### ★ Who can tell me what we talked about last session?

Last session we talked about how being angry or upset is normal, but if we react to situations with angry behavior it can have negative consequences. When we are noticing signs or signals that we are getting angry or upset, it is important to Stop and stay calm; to Identify what we are feeling and why; and to Take Action that is appropriate and won't hurt us or someone else. We also talked about how we can always choose to walk away from a fight.

Finally, we talked about how using alcohol and other drugs can cause us to lose control over the way we feel and act and will only make the situation much worse.

Today, we are going to talk about our dreams and goals for the future.

### II. Guided Discussion

#### ★ When I say we are going to talk about our dreams for the future, what do you think I mean by the word dreams?

When we use the word dreams in this context we are not talking about the kind of dreams we have when we sleep. This kind of dream is about the hopes and goals we have for our future. Dreams and goals are very important to have because they give us hope and a sense of purpose for our future. We all have dreams and goals for our future.

#### ★ How do we decide what our dreams should be?

Sometimes a person knows exactly what their dreams and goals for the future are. Other times we may not be so sure. Even if we cannot identify them specifically or see them clearly, we all have them. We may want to be somebody famous, do something that will change the world for the better, go places we have never been before, invent or discover something, or have a good and happy life. We may have dreams that we share with our friends or family, or dreams that only we know about. Identifying ways to make our dreams come true is the purpose of today's session.

Identifying our dreams is the first step to making them come true. Perhaps you have known or have read about individuals who had big dreams. Dr. Martin Luther King Jr., a preacher and civil rights leader, had a dream that people of different colors and different cultures could get along and respect each other.

#### ★ What are some examples of other famous people who achieved their dreams? *(You may want to also give examples of current leaders or celebrities, both local and national.)*

Now let's talk about some everyday people who have achieved their dreams. Their dreams may be on a different level than the ones we just talked about. For example, their dream may have been to graduate from college or start their own business.

★ **Who are some people in your life who have achieved their dreams? (You may want to give a personal example.)**

These people worked hard to make their dreams come true, but all of their work started with a dream. We may have dreams that are many years in the future (like becoming a doctor) or dreams about our life right now (like making the football team.) We usually have more than one dream at a time.

★ **What are some of your dreams? (Accept any dream the group comes up with. There are no good or bad dreams in this discussion.)**

There are several steps we can take to make our dreams come true and to achieve our goals. **(You may want to put these on a white board, poster board, or flip chart.)**

1. Identify our dream: The first step is to identify what our dreams are for now and for the future. We just did this when we shared our dreams.
2. Develop a plan: Next we need to develop a plan of how we can make our dream come true. Sometimes the plan may be very big and seem too hard. It will help if we break the plan down into several small steps. Making a plan like this is often called "goal setting." "Goal-setting" can apply to something you want to do many years from now or it may be something that you want to accomplish by the end of next week. For example, you may set a goal to get your driver's license next year and at the same time have a goal to pass the science test next week.

Let's use our example of the dream to be a doctor. We already said we would want to make the best grades possible in Science. What would be some small steps we could take to make good grades? **(Examples would be to study hard, to ask the teacher for help, to do research on the internet, etc.)**

3. Ask for help: A third step is to ask others for help. A couple of sessions ago, we discussed how helpful it can be to talk to someone we trust about our feelings. It is also a good idea to talk to someone we trust about our dreams for the future and ask for their help and advice.

★ **Who could you ask for help with achieving your dreams?**

4. Be flexible: Sometimes our dreams or plans may seem impossible. There may be problems or obstacles in our way. Many times our dreams may change. Let's say we discovered we didn't like Science after all – that would make becoming a doctor a more difficult dream, wouldn't it? It helps to keep an open mind and stay flexible. Sometimes a roadblock or obstacle may mean we need to change our plans!

- ★ **What types of obstacles can keep us from achieving our dreams or goals?**
- ★ **Is it all right for our dreams to change?**

Obstacles can be things like being sick or hurt, not having enough money, or not being able to get everything you need, etc. Just like it is possible to have more than one dream at a time, it is also possible for our dreams to change. Our interests change as we get older, and new opportunities may be opened up for us.

Let's take a few minutes to talk about "short-term dreams or goals."

- ★ **What are some things you might want to accomplish by the end of our last group time together?**
- ★ **Do people do things that can keep them from achieving their goals?**

Two things we have talked about that can keep people from reaching their dreams or achieving their goals are getting into fights and using alcohol and other drugs. Making healthy choices and doing things that are good for us and others can help us achieve our goals.

#### IV. Activity and Processing

***(Choose an appropriate activity for your group and upon completion of the activity process what they learned and how it relates to the discussion.)***

#### V. Closing Summary

- ★ **What do you think was the purpose of our group today?**

The ability to dream dreams, plan for the future, and work to help make our dreams come true is part of what makes us unique. Even though dreams change or may not always come true, do not stop dreaming. Dreams help shape who we become and the choices we make. Remember there are specific steps we can take that will help us reach our goals and make our dreams come true: 1) identify our dreams; 2) develop a plan; 3) ask for help; 4) be flexible. We also learned that getting into fights and using alcohol or other drugs can keep us from reaching our dreams and goals.

Our Major Message for today is: ***I BELIEVE in my purpose and future.***

#### VI. Major Message Ritual