

The Goals for My Life

From Dreams to Action

Course: Civics / Career Readiness / Advisory / Life Skills

Grade Level: 7–12

Time Required: 30–45 minutes

Lesson Type: Reflection, goal-setting, personal planning

Materials Needed: Student worksheet (print or digital), writing materials

Lesson Overview

Students often have dreams about the future but struggle to connect those dreams to concrete actions. This lesson guides students through a structured reflection on their goals for adulthood—including where they want to live, what kind of work they want to do, and how they define success—while emphasizing that **dreams require planning and action**.

The activity encourages students to think intentionally about their future and to begin identifying realistic steps toward long-term success.

Essential Question

How do dreams become achievable goals?

Learning Objectives

Students will be able to:

- Identify personal long-term goals
 - Distinguish between dreams and actionable plans
 - Reflect on how choices made today affect future outcomes
 - Define success using personal, not purely material, criteria
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Key Concepts

- Goal setting
 - Personal responsibility
 - Planning and decision-making
 - Long-term thinking
 - Success and self-definition
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Student Instructions

Complete the following sections honestly and thoughtfully. There are no “right” or “wrong” answers—this activity is about **clarity, reflection, and intentional thinking**.

Student Worksheet

The Goals for My Life

Name: _____

1. The place I want to live

Describe the type of place you see yourself living in as an adult (city, small town, rural area, state, region, etc.).

2. The house I want to live in

Describe the kind of home you imagine (apartment, house, size, location, etc.).

3. The car I want to drive

Describe what transportation looks like for you and why it fits your lifestyle.

4. The job I want to have

Describe the kind of work you want to do and what attracts you to it.

Reflection Statement

“A dream without a plan is just a dream; a plan without action will never be accomplished.”

5. The steps I need to take to accomplish my dream

List **specific actions** you can take between now and adulthood.

1. _____
2. _____
3. _____
4. _____
5. _____

6. Ten years from now, I would like to be...

Describe where you see yourself in ten years.

7. Final Reflection

Answer the prompt:

I will know I'm successful when...

Class Discussion (Optional)

- Why do people confuse dreams with plans?
- Which goals require the most effort or sacrifice?
- How can education affect long-term outcomes?
- Can success look different for different people?

Assessment Options

- Completion grade
- Reflection quality
- Short written paragraph
- Advisory discussion participation

(This lesson is best used as a formative or advisory assessment rather than a graded academic task.)