



This simple worksheet provides 4 sections to work through with a class to discuss what our dreams & goals might be and why putting some in place can help us to establish hope and confidence in our future.

## Section 1: Background

*For teacher use or to be shared with the class*

### Why focus on our Dreams and Goals?

Both are important since the process will help equip you with the ability to make the most of your life and to get the most out of yourself and above all, provide hope for our future. Let's start by using some definitions of hopes and dreams:

- **Dreams:** Dreams we think about on a regular basis because we want to improve our quality of life, gain something we don't already have or prove that we can do something. Dreams can be as big and unrealistic as you like, they could look a few weeks, months or years in to the future or span a lifetime. The key is that you don't have to commit to actually fulfilling a dream. You don't have to actively pursue it.
- **Goals:** Many take their hopes and dreams to a new and higher level by making certain they become a goal - something we plan for and work towards. Goals are all about action. Goals turn dreams into reality.

Below is a useful summary of the key differences:

- **Goals** require action. **Dreams** are something you are just thinking about
- **Goals** have deadlines and a time limit. **Dreams** can go on forever
- **Dreams** are free. **Goals** have a cost
- While you can **daydream** for free, **goals** don't come without a price - they require time and effort.
- **Goals** produce results and can change your life. **Dreams** unfortunately can't!
- **Dreams** are imaginary. **Goals** are based in reality
- You may **dream** of being Superman, **goals** are about what you can actually accomplish. **Goals** should be big, but not supernatural.
- **Goals** have a finish line and an outcome. **Dreams** can go on forever
- **Goals** are '**SMART**' - Specific, Measureable, Achievable, Realistic, Timebound

## Section 2: Vlog from James Shone

Spend a few minutes watching the following short video clip on Youtube where the importance of the message 'I Can't do it.... Yet!' is discussed by James Shone. An important factor when considering why we might be held back from achieving our goals.

[https://www.youtube.com/watch?v=9gs\\_cyH1fnQ](https://www.youtube.com/watch?v=9gs_cyH1fnQ)

## Section 3: Class Discussion

Ensure that some time is spent making clear the difference between goals and dreams. Then spend some time as a class discussing the following questions:

- Why does a focus on our dreams and goals provide hope?
- Should we have both goals and dreams?
- What might be holding us back from achieving our goals or dreams?

## Section 4: Class Activity

Have a read through of the examples shown and create a list of your own dreams and goals. Keep in mind the word 'realistic' when setting your own goals, but don't feel you can't stretch yourself.

<b>Dreams</b> These are just examples. Think as big as you like!	<b>Goals</b> These are just examples. Think up your own list but remember – keep them realistic!
<ul style="list-style-type: none"><li>• Be a famous singer</li><li>• Own an awesome car</li><li>• Write several books</li><li>• Get good at the trumpet</li><li>• Visit Australia</li><li>• Surf a big wave</li><li>• Become fluent in French</li><li>• Achieve happiness</li><li>• Travel the world</li><li>• Go to University</li><li>• Climb a mountain</li><li>• Be rich</li><li>• Marry the person of my dreams</li><li>• Play a clarinet concerto</li><li>• To be on Broadway</li><li>• To be an actor in a film or TV series</li></ul>	<ul style="list-style-type: none"><li>• Achieve more than 50% in my Maths exam at the end of term.</li><li>• Pass my grade 2 piano with merit</li><li>• Find a climbing club and join it during the next school holidays.</li><li>• Get a holiday job so I can earn some money</li><li>• Take up singing lessons by Christmas.</li><li>• Run a marathon by the age of 21</li><li>• Be able to do ten pull-ups by the end of term</li><li>• Do a handstand for more than 10 seconds by next week</li><li>• Cook a meal for my family all by myself</li><li>• Try to contribute in some way in every lesson</li><li>• Take a lesson on a dry ski lesson</li><li>• Sign up for drama club</li></ul>