Intended Audience:
- Teens

Lesson Objectives:
Participants will:
- Recognize the importance of breaking goals into steps
- Demonstrate how to break down a goal and prioritize steps.

Time: 20 minutes

Equipment and supplies:
- Post It Notes
- Writing Utensils

Do Ahead:
- Review Lesson
- Gather Equipment and Supplies

BACKGROUND
Goals are important because they give us direction and something to work toward. It also helps us focus our energy and feel a sense of accomplishment when we complete them. SMART Goals are goals that are Specific, Measurable, Attainable, Relevant and Timely.

WHAT TO DO
Activity: Setting a SMART Goal (approx. 5 minutes if not done before).
Set a SMART goal for the group. Walk through each of the aspects of a SMART goal. Write the answers to these questions where everyone can see and then formulate one comprehensive goal.

Specific: Who is involved? What do you want to accomplish? Where will it be done? Why are you doing this?
Measurable: How will you track progress? How will you know you completed the goal?
Attainable: Is the goal something you can reasonably do? Is it too hard or below standard?
Relevant: Is it worthwhile?
Timely: When do you plan to complete your goal?

Example of a comprehensive SMART Goal: The Junior Leaders group will develop and present a 4-H recruitment presentation at three schools before the 2017 enrollment deadline.

Activity: So What Now?
You have a SMART Goal, but now what do you do? How do you obtain your goal? You have to start chunking. Chunking is a way to break down your goal into steps.
- Ask: What needs to happen to accomplish this goal?
  - Have the group write on post it notes, all the things/tasks that need to happen to accomplish the goal.
  - Review and see if any need broken down further.
- Place the post it notes on the wall in the order those tasks need to be accomplished. Noting that some will need to happen simultaneously.
• Determine and add any action items to the post it notes that it will take to achieve each step.
• As a group, assign each task to someone to accomplish. Combining action items as it makes sense.

TALK IT OVER
Reflect:
  o Did the original goal seem impossible to achieve?
  o Now with individual action items and steps to do it, do you feel it is possible?

Apply:
  o How can you use this process with other goals?

Please take time to complete the Participant and Facilitator evaluations, found online at go.osu.edu/TeenLeadership20.

Prepared By
Christy Clary, Extension Educator
4-H Youth Development
OSU Extension, Brown County
Phone: 937.378.6716
Email: clary.42@osu.edu

Reviewed By
Ohio 4-H Teen Leadership Design Team Members