

Overview

The first step in a student achieving a goal is to identify what the goal is. This lesson introduces students to the **Everything is Possible Mindset** and introduces them to the idea of dreaming big and identifying what the dream for their life will be.

Objectives

- Understand that a dream is something we are willing to work hard to achieve
- Identify our own long-term or short-term dream

SEL Alignments

- **Decision Making** – Students create a higher value vision for their future which drives more purposeful decision making in the present.
- **Hope** – Effective visioning and goal setting increases student’s expectations and overall perspective on their lives and future.
- **Self-Awareness** – Students build on a positive self-image through greater appreciation of their unique abilities to do extraordinary things in life.