**Planning and Goal Setting daily objectives and bell ringers:**

**Lesson 1 Objective:** I can explain why planning and goal setting is imperative to succeed in life.

**Bell Ringer:** It is important to set goals in life because…

**Lesson 2 Objective:** I can explain what a SMART goal is and the steps for achieving personal goals.

**Bell Ringer:** Respond to this quote: “Shoot for the moon, even if you miss you will land amongst stars.

**Lesson 3 Objective:** I can describe the proper criteria to set a short term wellness goal.

**Bell Ringer:** One example of a short term goal that I plan to achieve in the next 30 days is…

**Lesson 4 Objective:** I can demonstrate how to properly set a short term wellness goal.

**Bell Ringer:** One short term goal that I have for my physical health is…

**Lesson 5 Objective:** I can properly set a short term personal goal.

**Bell Ringer:** It is important to set “check points” when setting goals because…

**Lesson 6 Objective:** I can identify barriers to reaching my goals.

**Bell Ringer:** 3 things that could get in the way of me reaching my goals are…

**Lesson 7 Objective:** I can identify people in my support system.

**Bell Ringer:** When I need advice I got to\_\_\_\_\_\_\_\_\_\_\_ for help because…

**Lesson 8 Objective:** I can plan for possible barriers to my goals.

**Bell Ringer:** By the time I am 28 I plan to accomplish…

**Lesson 9 Objective:** I can complete the rough draft of my project.

**Bell Ringer:** My role model is\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ because…

**Lesson 10 Objective:** I can complete and hand in the final draft of my unit project.

**Bell Ringer:** One piece of advice that I would give to a student entering middle school is…