

# Before a Goal - Kinds of Goals

There are many kinds of goals. Brainstorm possible goals for a few Goal Types below. Be creative and have fun.

Goal Type	Description	Brainstorm Goals
Exploration	Explore new things to learn what you want	.....
Experiments	Test out something to see if it works for you	.....
One Timers	Some goals are done once, then done forever	.....
Stopping a Habit	Sometimes we want to stop a bad habit	.....
Starting a habit	Sometimes we want to start a good habit	.....
Daily Goals	Choose daily goals sparingly	.....
Skills	Learn a skill you will know your whole life	.....
Attitude	Improve attitude in current activities	.....
Practice	Practice what you want to improve	.....
Awareness	More awareness can improve your life	.....
Information Gathering	Explore new things to learn what you want	.....
Flawless Performance	Occasionally we seek a flawless goal	.....
Problem Solving	Choose goals to solve a problem in your life	.....
Remembering	Create memory triggers to remember goals	.....
Character	Strengthen traits bit by bit	.....
Self Care	Choose goals to take care of ourselves	.....
Hidden Steps	Sometimes goals have hidden steps	.....
Core Goals	Core goals need dozens of support goals	.....
Big Goals	Big goals take time, planning, and must be broken into smaller goals	.....

# Before a Goal - Kinds of Goals

Example

Goal Type	Description	Examples
EXPLORATION	In order to understand what you want for your future, sometimes you have to explore new things to see what they are like.	Try reading scripture chapter headers Try out a stake dance to see if you like it Try a new sport like badminton Try a kids computer coding challenge
EXPERIMENTS	Sometimes you want to test out something you've heard about to see if it works for you in your life.	Does a daily gratitude journal help Does complimenting little sister help Does no soda for 2 weeks feel different Is homework better at 3 pm or 8 pm
ONE-TIMERS	Some goals are projects or accomplishments you just do one time, then it's done forever.	Create a 4-generation pedigree chart Plan a game night for your quorum Paint your room a new color Read a book you've been wanting to read
STOPPING A HABIT	Sometimes you are motivated to stop a bad habit	Stop talking during sacrament Stop interrupting friends when talking Stop biting your nails Stop passing notes in class
STARTING A HABIT	Sometimes you are motivated to start a good habit.	Start saying prayers before bed Start holding the door open for people Start taking the stairs when you can Start doing homework when it's assigned
DAILY	Sometimes you want to build spiritual, social, physical, or intellectual muscles. Daily goals can help, but they can also be discouraging when you forget, so only chose daily goals for things that actually need to be done daily.	Write 5 things I'm thankful for nightly Do a random act of kindness daily Exercise every morning Read something every day
SKILL	Sometimes you realize you need to know how to do something you didn't know before. You may want to learn a skill you will know for your whole life.	Learn how to find a verse in the Bible Learn to introduce myself to an adult Learn to left foot dribble a soccer ball Learn how to do long division
ATTITUDE	Goals don't have to take extra time in your life. You can choose goals to improve your attitude for what you are already doing.	Pay \$1 when I complain about seminary Breathe and smile before piano practice List 5 good things about my strict teacher Hustle at volleyball even when I'm tired
PRACTICE	A goal does not have to have a measurable end. You can choose a goal to set aside time and effort to practice something you want to improve in for a period of time. You could create a way to track your practice.	Practice a hymn on piano for YW Practice saying hi to new people Practice shooting basketball free-throws Practice the sevens multiplication table
AWARENESS	Sometimes in order to do a goal we need to become more aware of what's happening now. Awareness goals focus on tracking our current habits and building awareness of what's already happening.	Notice how you feel when you pray Notice when you call classmates by name Notice your thoughts at baseball practice Notice how you get distracted at school

Goal Type	Description	Examples
INFORMATION GATHERING	Sometimes you're interested in a goal, but have no idea where to start. Try an information gathering goal where the whole purpose is to call, ask, google, or read for information you need to make a decision or progress toward your goal.	Read missionary interview questions Ask a friend about a school service club Do an internet search on tennis classes Time one page of math homework
FLAWLESS PERFORMANCE	Sometimes you want to learn to perform something flawlessly. Sometimes the "enormous effort required to attain such self-mastery" can be worth it.	Read scripture for 7 days consecutively Memorize The Standard of Truth Tennis serve without faulting 10 times Play my piano piece 3 times flawlessly
PROBLEM SOLVING	Sometimes you choose a goal because you want to solve a problem in your life.	I can't find scriptures in primary My friend & I had a fight & aren't talking My messy room has clothes & artwork I am failing my math class
REMEMBERING	Some goals are physically easy, but the hard part is remembering to do them at the right time. It's a good idea to create memory triggers for this kind of goal.	Remember to read scriptures every day Remember to call Julie on her birthday Remember to feed your pet before school Remember to bring books to school
CHARACTER	Sometimes you want to develop a character trait that you value. You will never arrive at these traits, but you can always expand your capacity and practice the character trait, improving bit by bit.	Avoid having a spirit of contention Be patient with your friends and family Be physically active in your daily life Be diligent with your schoolwork
SELF CARE	Sometimes we are overly busy in our lives and need to take better care of ourselves. You can choose goals to improve your overall well-being.	Set aside time on Sundays to take a nap Plans something fun with friends Take a walk in nature to just relax Take breaks between homework
HIDDEN STEP	Sometimes a goal seems simple, but there are several hidden steps that can stop you from getting the goal done. These goals need to be broken down into smaller steps to effectively get them accomplished	Take my own family name to the temple Make cookies and deliver to the elderly Learn to make enchiladas for my mission Apply to my local community college
CORE	Core goals are major milestones, events or character traits you want in your future. Core goals are like a mountain that you are journeying toward. Core goals take dozens or even hundreds of support goals to reach them.	I want to serve a mission I want to get married in the temple I want to be more diligent I want to get a computer science degree
BIG GOALS	Big goals can be challenging and exciting. It's obvious that big goals take time and planning. They must be broken down into smaller goals.	Read the whole Book of Mormon Print a reading chart Ask a partner to do it with you Read 14 pages this week Plan a campout for Young Women Choose a date with the presidency Assign who will bring the food Make a packing list for the girls Build a llama shelter for an animal rescue Call the animal rescue to set a date Call lumber store to ask for donations Make flyers for volunteers Improve grades this school year Ask teacher for help after school Get eight hours of sleep Find a tutor