

Before a Goal - Brainstorm

Goals with Kids

Intellectual

Spiritual

Social

Physical

Life Changing Principles.com

Instructions Before a Goal - Brainstorm

Brainstorming goals starts with good questions. These questions are taken from the Children and Youth guidebooks and website. They help children and youth think about what they want for their futures.

What do I want for my future?

- What do I want in my future?
- What do I feel I should learn in my life?
- What do I feel I should change in my life?
- What spiritual habits do I need to develop or improve?
- How can I keep the covenants I made when I was baptized?
- Who can I serve?
- What do I like to do?
- What responsibilities do I have right now?
- How can I recognize the Holy Ghost?
- How can I develop my talents?
- I am good at . . .
- I want to get better at . . .
- I want to learn to . . .
- What do you feel you should learn or try?
- What do you do well?
- What do you want to do better?
- What do I like to do?
What do I want to explore?
- What duties and responsibilities do I have?
- What life events do I need to prepare for?
- What special activities do I need to prepare for?
- What skills do I need to develop to prepare myself for the future?
- What does Heavenly Father want me to do to bless and serve others?
- How can I develop spiritually?
- How can I develop socially?
- How can I develop physically?
- How can I develop Intellectually?
- In each of these 4 areas brainstorm:
- Opportunities to serve
- Skills you need to learn
- Fun things you want to do or explore

“Heavenly Father has given you gifts, talents, and abilities. He wants you to discover and develop them to make yourself, other people, and even the world better. How can you improve and grow?” ([Youth Personal Development Guidebook](#))