

Going for Your Goals!

Coaching Package Template



Adventures In Wisdom®



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Going for Your Goals - Making Dreams Come True without the Fairy!

Throughout history, humans have made the once “impossible”, possible – from electricity, to airplane flight, to cell phones, to open heart surgery – impossible dreams have become day-to-day conveniences of the modern world. And it is all the result of dreaming! Someone thought of an idea, believed in that idea, and took action to make it happen.

Kids learn that no one can make their dreams come true except for them. In this package kids learn a three-step process for creating a life of their dreams. They create a vision for their lives, learn how to use goal setting to take action on their vision, and learn how to use the Law of Attraction tools of visualization, affirmations, and gratitude to “program” their mind for success.

With the Going for Your Goals Coaching Package, kids learn how to make their dreams come true without the fairy!

Summary

Lesson 1 – Power of Possibility (Skill Book 2)

Lesson 2 – Conditional Thinking (Skill Book 27)

Lesson 3 – Create Your Vision (Skill Book 17)

Lesson 4 – Goal Setting (Skill Book 18)

Lesson 5 – Law of Attraction (Skill Book 19)

Lesson 6 – RAS (Skill Book 4) and Visualization (Skill Book 20)

Lesson 7 – Affirmations (Skill Book 21)

Lesson 8 – Gratitude (Skill Book 22)

Always share the WISDOM for Home take home sheet with the family!



About each lesson

Lesson 1 – Power of Possibility (Skill Book 2)

- Belief systems shape what kids see as possible for their lives. Kids who don't believe in themselves or who don't think their dreams are possible will whittle down their dreams to fit their current circumstances. Learning how to develop a belief system based on *possibilities* will help kids bust outside of their comfort zone, create courage, and go for it in life - even when there is no evidence that they will be successful. Share the story, *Power of Possibility*, and help kids learn that they achieve what they believe!
- Homework: Wise in Five for the skill book *Power of Possibility*.

Lesson 2 – Conditional Thinking (Skill Book 27)

- Review key lessons from Lesson 1 (Use Wise in Fives).
- Kids often think that certain things must be in place before they can do something. For example, "If I were taller then I try out for the basketball team." This "if...then" thinking is called conditional thinking and it destroys dreams. In this lesson kids learn that conditional thinking steals their power as they become a victim of their circumstances and limiting beliefs. They learn how to break through conditional thinking and go for their dreams. Share the story *If Then Ben Part 1* and also tie in the learning from Lesson 1 about looking for possibilities.
- Homework assignment: Ask your clients to watch out for conditional thinking and bring back 5 examples that they experienced in their own lives.



Lesson 3 – Create Your Vision (Skill Book 17)

- Review key lessons from Lesson 2 (Use Wise in Fives).
- Children learn the importance of setting a vision for their lives so they don't drift through life. They learn the importance of dreaming big and to not let circumstances determine what they want in life.
- Homework assignment: Have your clients create a vision board and a vision statement. See activities in the *Creating Your Vision* Children's Guide.

Lesson 4 – Goal Setting (Skill Book 18)

- Review key lessons from Lesson 3 (Use Wise in Fives).
- Children learn that making their dreams come true involves much more than a vision board – they must take action as well. They learn how to break their goals into tasks and how to track their progress using both a list method and a calendar method. Children learn how to handle disappointment if they don't reach their goal and how to celebrate success and enjoy their journey along the way. Kids learn that when they plan their goals, they plan their success.
- Homework: Have your clients develop a goal plan for three of their goals.



Lesson 5 –Law of Attraction (Skill Book 19)

- Review key lessons from Lesson 4 (Use Wise in Fives).
- Children are introduced to the power of the Law of Attraction and how “what we think about we bring about.” Children learn about the benefits of positive thinking and positive energy and are introduced to the tools of visualization, affirmations, and gratitude to “train their brain” for success.
- Homework Assignment: Have your clients come back with a list of 10 things they would like to attract into their lives.

Lesson 6– RAS (Skill Book 4) and Visualization (Skill Book 20)¹

- Review key lessons from Lesson 5 (Use Wise in Fives).
- Visualization is the process of imagining yourself in the future having already achieved your goal. Scientific research has proven that your mind cannot tell the difference between an experience you imagine and an experience that is real. When you use visualization to practice success in your mind, you develop strong neural pathways to prepare your mind to succeed. Visualization is a very powerful skill for helping kids manage change, move through fear, and pick themselves up after facing a disappointment or failure. Also teach kids about their Reticular Activating System and how to use it, in conjunction with visualization, to help them achieve their goals.
- Homework Assignment: Complete the “Let’s Practice” activity and the “Create Your Day with Visualization” activity in the *Visualization Children’s Guide*

¹ IMPORTANT: If this is the first time you’ve introduced the Reticular Activating System, we recommend you cover this in its own session. If you have already covered RAS, then a reminder of how it fit into goals/achievement and reviewing the Wise in Fives will probably be sufficient. Use your judgement based on your experience with your clients.



Lesson 7 – Affirmations (Skill Book 21)

- Review key lessons from Lesson 6 (Use Wise in Fives).
- Affirmations are positive statements you say to yourselves about what you want. Affirmations are very powerful tools for “programming” both your conscious mind and your subconscious mind to achieve your goals and can also be used to “reprogram” negative belief systems. Whereas visualization creates neural pathways and stimulates your RAS using visual input, affirmations does the same thing using audio input. When used together visualization and affirmations prepare you to create magic in your life!
- Homework assignment: Have your client develop three affirmations and recite them daily.

Lesson 8 – Gratitude (Skill Book 22)

- Review key lessons from Lesson 7 (Use Wise in Fives).
- Children learn the power of gratitude! Gratitude is a positive feeling or emotion you feel when you acknowledge the things you are thankful for, grateful for, and appreciate in your life. Gratitude is a powerful tool for shifting your mood and creating happiness. In fact, research has shown that people who develop a daily practice of gratitude live happier lives!
- Homework assignment: Have your clients complete the activities in the *Gratitude Children’s Guide*.