



Activity

# Health Inventory

## Successful Decisions and Goals

Read the following statements. Think about how well each one describes your behavior. Then, check the appropriate box.

- | often                    | some-<br>times           | rarely                   |                                                                                                                      |
|--------------------------|--------------------------|--------------------------|----------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 1. How often do you make a choice without thinking it through?                                                       |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 2. How often do you later regret a decision that you have made?                                                      |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 3. How often do your decisions lead to negative consequences for yourself or others?                                 |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 4. How often have you done something because a friend did it first, and then only later regretted doing that action? |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 5. How often have you done something you didn't want to do because a friend talked you into it?                      |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 6. How often have you bought something you didn't need because of an advertisement?                                  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 7. How often do you feel as if you don't know what your goals are?                                                   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 8. How often do you feel as if you aren't making enough progress toward your goals?                                  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 9. How often do you feel as if you have trouble making decisions?                                                    |

### SCORE YOURSELF

Give yourself 0 points for each *often* answer, 2 points for each *sometimes* answer, and 4 points for each *rarely* answer.

Write your score here: \_\_\_\_\_.

- 30–36: Excellent—You do a great job of making wise decisions and setting good goals.
- 20–29: Good—You often do a good job when it comes to your decisions and goals.
- 10–19: Fair—You could stand to improve your decision-making and goal-setting skills.
- 0–9: You need to work on learning to make successful decisions and set effective goals.

7th

**Enrichment Activity** *continued*

**Lesson: Setting Healthy Goals**

Your values and interests help you choose your goals. Your values are beliefs that you consider important. They reflect the kind of person you want to be. Examples include honesty, self-discipline, and helping others. Your interests are things that you enjoy doing and learning about. A goal can often be accomplished by participating in an activity that combines a value and an interest. For example, let's say that you value self-expression. If you have an interest in public speaking, you might want to act in a play. On the other hand, if you have an interest in art, you might want to take up drawing or painting. Or, if you have an interest in athletics, you might want to take up dancing or learn an artistic sport, such as gymnastics or figure skating.

**In the first column of the chart below, list one value that you consider very important to you. In the second column, list five interests. In the third column, list possible goals that would combine the value with each interest.**

**VALUE + INTEREST = GOAL**

Value	Interests	Possible goals

7th

**Enrichment Activity** *continued*

**Lesson: Changing Your Goals**

Laura is a basketball player who wants to improve her speed. To do this, she has been running after school for eight weeks. When she first started running, it took her 12.5 minutes to run a mile. Laura wants to get to the point where she can run a mile in 10 minutes. Following are her times measured at the end of each week.

Starting time: 12.5 minutes

Week 1: 12.2 minutes

Week 5: 11.5 minutes

Week 2: 12.0 minutes

Week 6: 11.9 minutes

Week 3: 11.8 minutes

Week 7: 11.5 minutes

Week 4: 11.8 minutes

Week 8: 11.2 minutes

**Graph Laura's progress over the last eight weeks. Then, answer the following questions on the lines below.**

1. Is Laura making progress toward her goal? How can you tell from looking at the graph?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Has Laura overcome any temporary setbacks? How can you tell from looking at the graph?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. Why is it helpful for Laura to measure her progress this way?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7th

Activity

# Life Skills: Setting Goals

## Lesson: Setting Healthy Goals

### ACHIEVING LONG-TERM GOALS

Long-term goals may take months or even years to achieve. Usually, they are made up of several short-term goals and even other long-term goals. For example, suppose that your long-term goal is to become a doctor. In this activity, you'll look at some of the steps you would need to take to make this goal a reality.

1. To be a doctor, you have to go to college. What is one goal you might set for yourself five years from now?

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2. To get into college, you need to make good grades in high school. What is one goal you might set for yourself three years from now?

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3. To succeed in high school, you need to be well prepared in middle school. What is one goal you might set for yourself next year?

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4. To succeed in middle school, you need to have good study skills. What is one goal you might set for yourself this year?

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5. To develop good study skills, you need to do your homework. What is one goal you might set for yourself tonight?

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7th