

Smiling Mind Fortnightly Focus- Setting Goals

Our learning intention for Weeks 5 and 6 has been to develop the skills to set and achieve goals. By learning to set goals, students are able to guide themselves in the right direction and achieve what it is that they want to achieve. Students have learnt about the difference between short and long term goals and how to set SMART (specific, measureable, attainable, realistic and timely) goals. Students have also been learning about the important role that hope and optimism play in the process.

Our meditation for the fortnight was called 'The Wish Tree'. We would use our wish tree to learn how to make goals and dreams for the future. Some goals of Stage 3 students during our meditation practice included: to be tiktok famous , to be a writer , to save up for a console , to win the grand finale , to become a business woman , to be a paramedic , to be a teacher , to get a motorbike , to get my own pet ,to meet celebrities , to be an inventor , to be better at maths.

