

My GOAL Rocket



Do you have a **BIG GOAL** that you want to reach? Use your **Goal Rocket** to break down your **BIG GOAL** into **smaller steps**. Track your progress and see how much you're improving! Remember: It doesn't matter how anyone else is doing! All that matters is focusing on **your** goal and being proud of how great **you're** doing!

HOW TO MAKE

- 1** **Print** out the Rocket, Step Strips and Cloud on pages 3-5. **Cut out** the Rocket and set aside.
- 2** **Cut** along the dotted lines on the Step Strips on page 4. Do not cut out each cloud. **Tape** Strip A on the bottom of the Rocket, front and back. **Tape** Strip B on the bottom of Strip A, front and back. (Page 6 is in case you need extra steps!)
- 3** **Cut** out the large Cloud on page 5. Gently bend the Cloud in half without making a crease and cut along the lines to make 2 slits in the Cloud. Be sure not to cut all the way through the Cloud. **Slide** the Step Strip through the large cloud slits.
- 4** **Write** down your goal on the Rocket Ship. Write down the steps needed to achieve your goal. Start with the large Cloud at the top on the first step. Slide the Cloud down as you complete each step.



My GOAL Rocket

Write your **BIG GOAL** here.



★ It is easier to work toward your **BIG GOAL** when you break it down into **smaller steps**.

My Step 1

My Step 2

My Step 3

My Step 4

I reached my goal!

Write the **steps** needed to achieve your goal.

Slide the cloud down after you reach each step.



Yay! You reached your goal!
How will you **celebrate**?



Tape top of STRIP A here

My Step 1

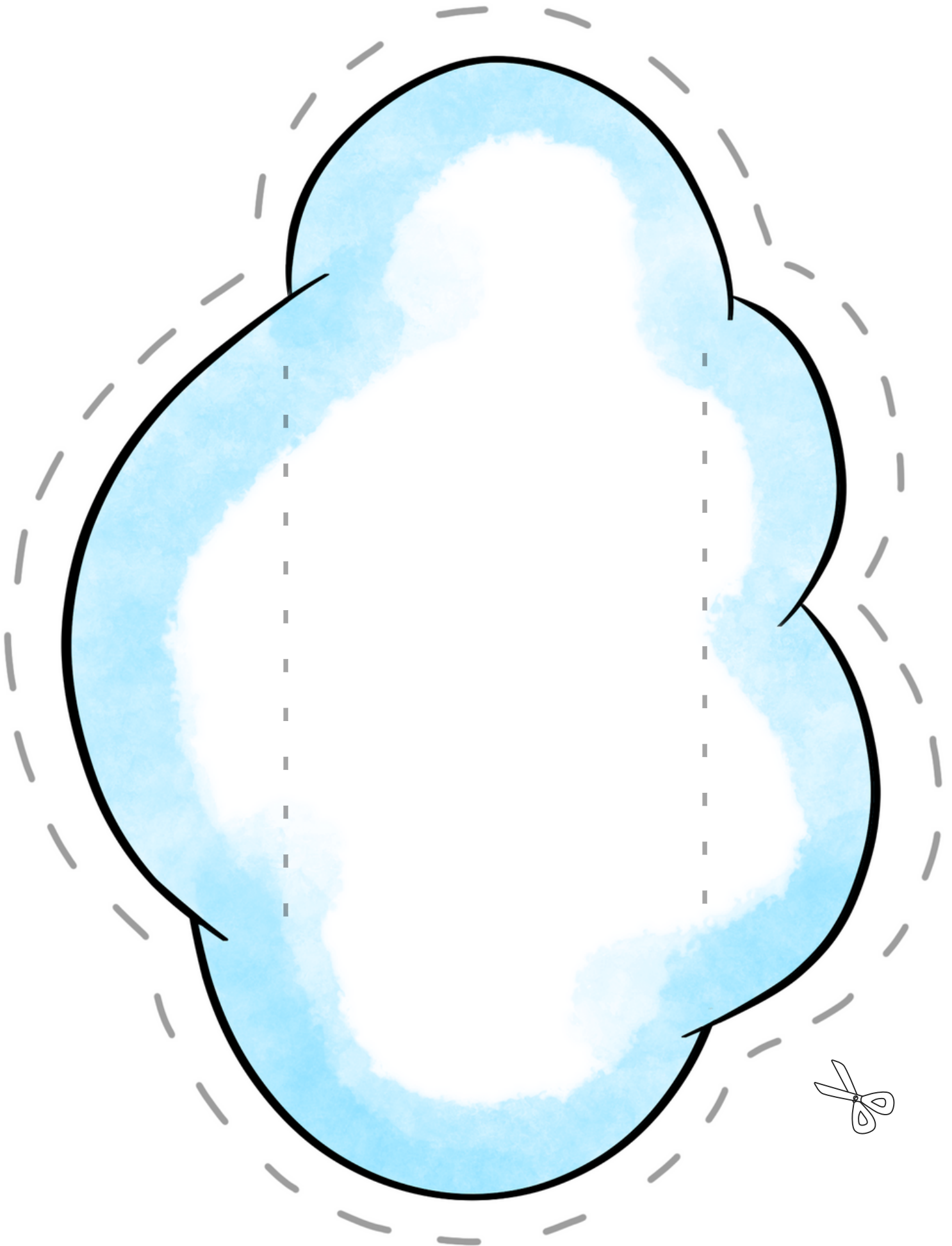
My Step 4

My Step 2

I reached my goal!

My Step 3

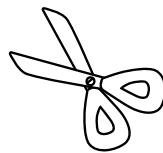


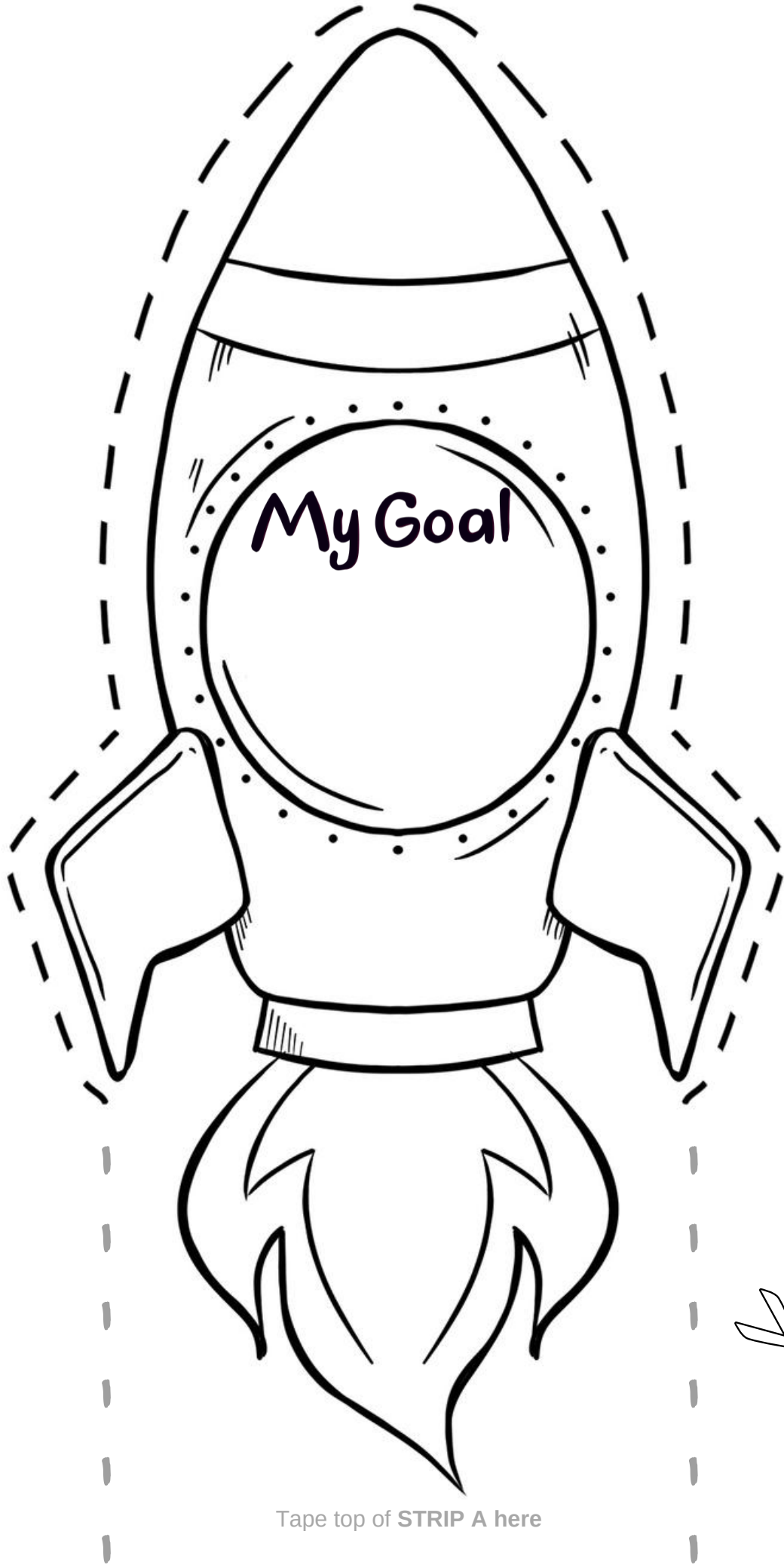


My Step

My Step

My Step





My Goal

Tape top of STRIP A here

the **BIG** Life KIDS PODCAST

EPISODE 30 GUIDE

IN THIS EPISODE, CHILDREN WILL

- learn how to **focus** on their own progress and goals
- be inspired by our listener **Landon**

DISCUSSION QUESTIONS

- Why did Zara feel that they should withdraw from the competition?
- What did Landon realize when he stopped comparing his progress to others?
- What goals can you work on while focusing on your own progress?

TRY THESE ACTIVITIES

1. Turn to Chapter 1: "**Believe in Yourself**" in the [Big Life Journal Second Edition](#) and listen to [episode #1](#) of the Big Life Kids podcast which goes along with the chapter.
2. Learn all about your AMAZING brain with the neuroplasticity printables and posters available in the [Growth Mindset Printables Kit](#).
3. Try the helpful goal-setting printables in the [Self-Esteem & Confidence Kit](#).
4. Read "[Unstoppable Me! 10 Ways to Soar Through Life](#)" by Wayne W. Dyer.
5. Watch "[Kung Fu Panda](#)" (2008 PG) In Kung Fu Panda, Po, a noodle-slurping dreamer, must embrace his true self in order to become the Dragon Warrior.
6. Make a [Bucket List](#). Typically, a bucket list is a list of accomplishments, experiences, or achievements that someone wants to have during their lifetime.

*The **Big Life Kids Podcast** is produced by Big Life Journal and is available FREE on Apple Podcasts, Spotify, Google Podcasts and other platforms. Listen to [Episode 30](#) on Apple Podcasts and leave a review. All kits can be found on [biglifejournal.com](#).*

Big Life Journal

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