



SAINT JOSEPH CATHOLIC HIGH SCHOOL
STRIVE Learning Each Other's Names
YOU, ME, LEFT, RIGHT

Have the group form a circle, with the facilitator in the middle serving as the first "caller."

Ask the participants to introduce themselves to the people directly on their left and right sides.

Explain to the group that the person in the middle will point to someone in the circle and say either "You" "Me" "Left" or "Right" and count to five at a reasonable pace.

"You" is the person being pointed at.

"Me" is the caller.

"Left" is the person to the left of the one being pointed at.

"Right" is the person to the right of the one being pointed at.

The person being pointed at must correctly name that person before the caller counts to five. If they succeed, the caller moves onto a different person of their choice. If they do not succeed, they become the new caller.

You can add multiple callers as the game moves on.

Life Goals			
	SHORT TERM - < 1 YEAR	MEDIUM - 1 to 5 YEARS TERM	LONG TERM - > 5 YEARS
Spiritual			
Family			
Emotional			
Financial			
Career			
Physical			
Social			



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Goal Setting Worksheet

Draft Goal:

1. **Specific** - *What is your desired result? Who, what, where, when, how.*
2. **Measurable** – *How will you know when you have reached this goal? How can you measure your progress?*
3. **Achievable** – *What skills are needed? What resources are needed? Does the goal require the right amount of effort?*
4. **Relevant** – *Is the goal in alignment with your overall desires?*
5. **Timely** – *What is the deadline for completing this goal? Is the deadline realistic?*

Final Goal: Attempt to incorporate all of the above in a one-sentence goal statement.

This goal is important to me because:

The benefits to me of achieving this goal will be:

What are some potential obstacles I may face and what are their potential solutions?

Obstacle	Solution
Obstacle	Solution

Two people who can help me are:

1. _____ 2. _____

What actions need to be taken to complete my goal?

Action Step	Deadline	Completed?
Action Step	Deadline	Completed?
Action Step	Deadline	Completed?