

GOALS



Lessons in Mental Health





Lessons in Mental Health

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- Link: [Goals Presentation](#)
- Link: [Graphic Organizer](#)
- PDF: [Graphic Organizer](#)
- Link: [Goal Activity Worksheet](#)
- PDF: [Goal Activity Worksheet](#)
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MAKING DECISIONS

Need



Want



- Fold a piece of paper in half lengthwise.
- Write what you “need” in the left column.
- Write what you “want” in the right column.
- Compare your list with someone sitting next to you.
- Were there any similarities?

NEEDS

- Needs are things that are essential for survival and well-being.
- Needs are universal, which means human beings share a core set of essential needs that transcend cultural, racial, religious, and socioeconomic boundaries.
- Not fulfilling needs can lead to physical or emotional harm.



WHAT DO YOU NEED?
VS
WHAT DO YOU WANT?



WHAT ARE SOME EXAMPLES OF
THINGS WE NEED?





THINGS WE NEED

- Food
- Water
- Shelter
- Safety
- Healthcare
- Clothing
- Education
- Financial Security
- Social Connection
- Personal Autonomy

WANTS

- Wants or desires are not essential for survival but contribute to our comfort, enjoyment, and fulfillment.
- Wants are influenced by personal preference. What you want depends on your individual tastes, values, and goals.
- Wants don't have negative consequences if unmet. While not getting a want may cause disappointment, it won't cause harm.



Needs	Wants
Food	Dining at a fancy restaurant
Water	Gourmet or specialty beverages
Shelter	Luxurious housing
Clothing	Designer or high-fashion apparel
Healthcare	Cosmetic procedures
Education	Private schooling
Safety	High-end security systems
Transportation	Luxury or sports cars
Financial Security	Extravagant purchases

GOALS

When we know what we need and want, we can set GOALS that will help us achieve our desired future.

Our goals become the stepping stones that guide us along our journey.





THE PROCESS OF ACHIEVING GOALS

These stepping stones come in different sizes:

- Short-Term Goals
- Intermediate Goals
- Long-Term Goals

DRIVERS LICENSE

Consider the goal of getting a driver's license.

What are the first steps you need to take, and what comes next?

Work with a partner and define short-, intermediate-, and long-term steps of getting a driver's license.



A decorative graphic on the left side of the slide features several white paper airplanes and one red paper airplane, all pointing towards the right. The red airplane is positioned in the center of the group, while the white ones are scattered around it. The background is a light gray.

SHORT-TERM GOALS

- Are specific and measurable
- Can be achieved within a relatively short period of time, usually less than a year (often in weeks or months).
- They provide immediate feedback and motivation.
- They help to build momentum toward achieving long-term goals.

DRIVER'S LICENSE SHORT-TERM GOALS

Short-term Steps:

- **Study for the Learner's Permit Test**
- **Schedule and Take the Learner's Permit Test**
- **Begin Practicing Driving**





INTERMEDIATE GOALS

- Build on short-term goals.
- Takes longer to achieve, usually 1-3 years
- More challenging than short-term goals
- Provides a sense of progress and accomplishment
- Helps to keep long-term goals in sight

DRIVER'S LICENSE INTERMEDIATE GOALS

- **Complete Driver's Education Course
(if required)**
- **Practice Driving Skills**
- **Work on achieving required Driving
Hours**



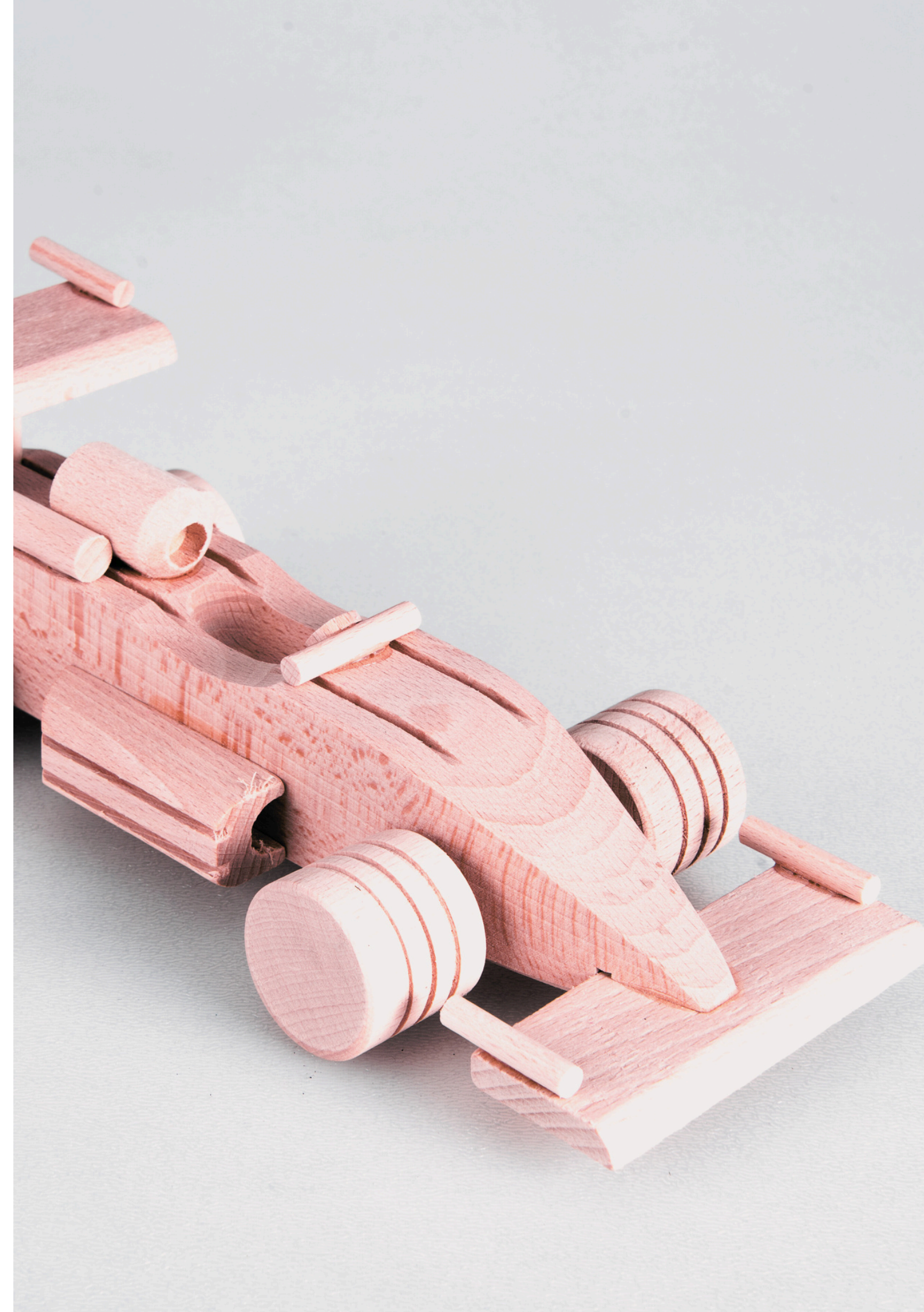


LONG-TERM GOALS

- Are ambitious and challenging
- Takes 3 or more years to achieve
- Broad and ambitious in nature
- Requires smaller, more manageable intermediate goals

DRIVER'S LICENSE LONG-TERM GOALS

- **Schedule and Take the Driving Test**
- **Pass the Driving Test**
- **Obtain Provisional License**
- **Aquire Hours For Full License**



What are some ways in which goals
benefit our mental health?



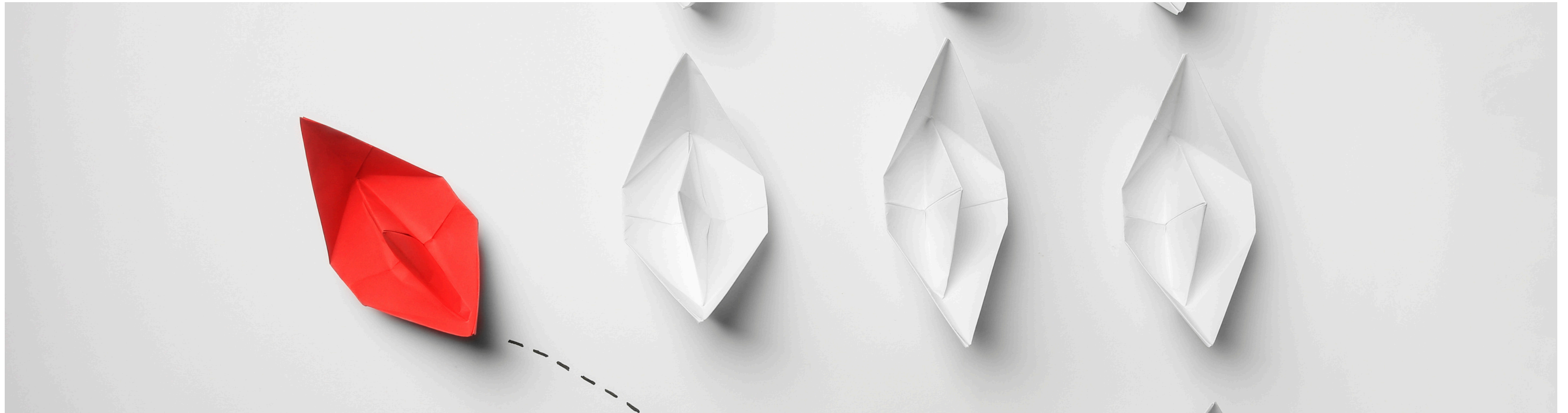
BENEFITS OF GOALS

Goals can benefit our mental health in many ways:

- Motivation.
- Purpose
- Self-esteem
- Stress
- Mood



Goals Activity

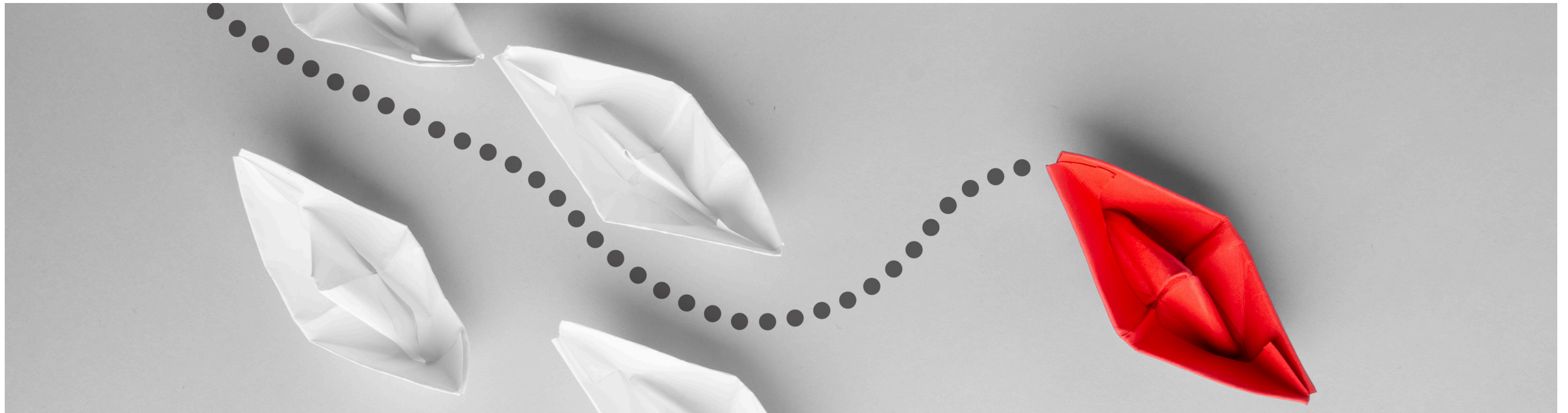


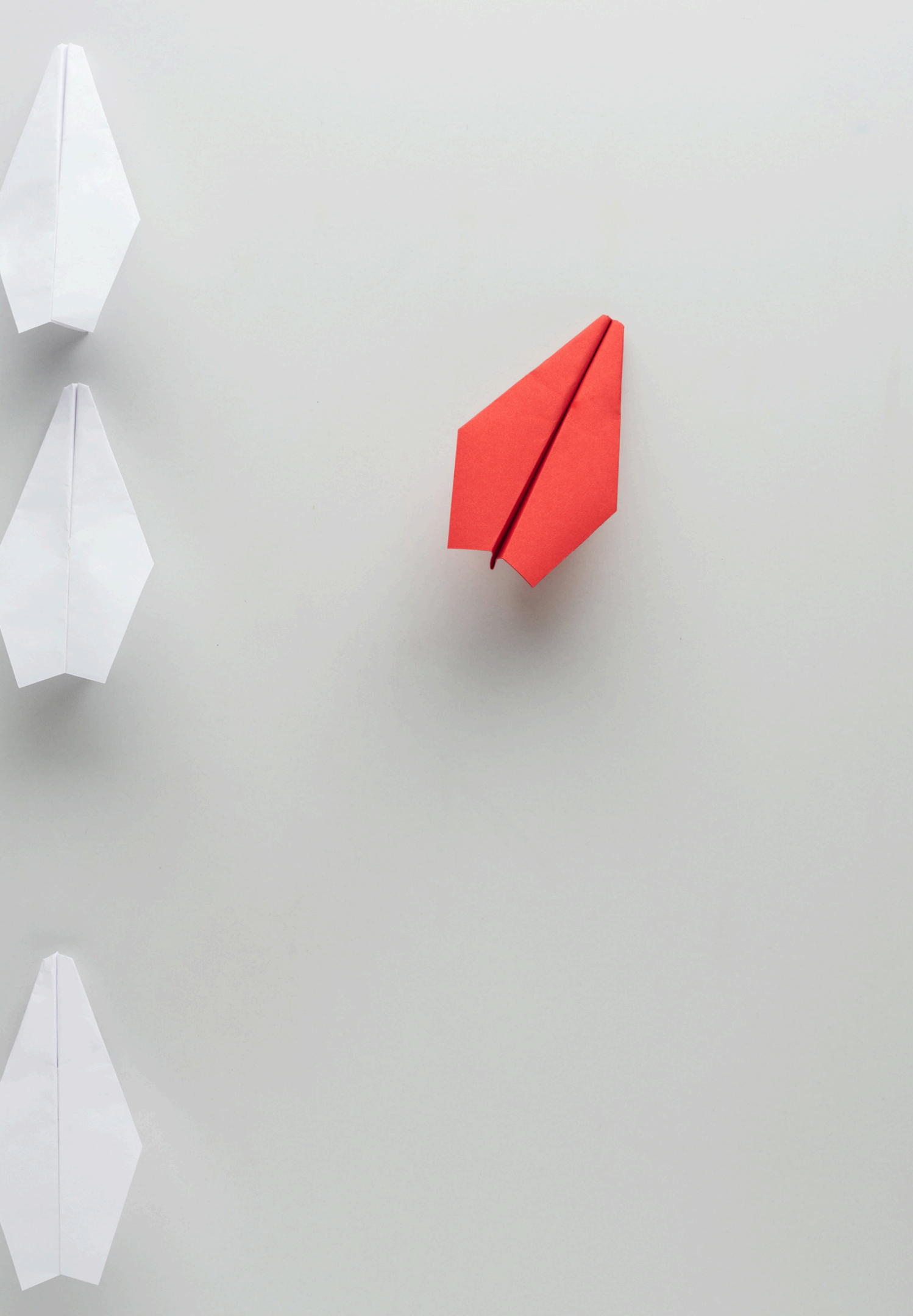
GOALS ACTIVITY

- Choose three topics of your choice to create goals for. These could be health, academics, hobbies, relationships, careers, etc..
- For each topic, create a short-term, intermediate, and long-term goal.
- Use the provided graphic organizer to write down your goals.
- Make sure your goals are clear and comprehensive and align with the goal key characteristics for each category (short-term, intermediate, long-term).

Tip

Start with a long-term goal first and then break it down into smaller goals.





TURNING IN YOUR ACTIVITY

- Fill out the provided worksheet with your goals.
- Start with a long-term goal and work backward.
- Turn in your physical worksheets.

LEAD WITH COMPASSION, EDUCATE WITH PURPOSE.

Until our next lesson

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