Recipe for Success—Goal Setting Activity

**Objective:** To break down a dream or aspiration into an effective goal with achievable steps, figure out what components are necessary for its completion, and set a deadline for completion.

**List of Supplies**
1. Sample recipe for discussion (pick one from allrecipes.com if you don't have one on hand)
2. Worksheet handout
3. Factsheets of possible careers (preferably ones your mentees are interested in)

**Steps for the Activity**

**Part 1: Analyzing the Recipe Form (15 minutes)**
1. Introduce the concept of goal setting.
   - **Goal:** an end to work toward, an aim, something to try to achieve in order to grow
2. Introduce using a recipe as a metaphor or guide for goal setting (Use sample recipe)
3. Analyze the recipe form:
   - Pose questions to mentees
     - If someone had never seen a recipe before, how could you describe it to them?
     - Worksheet: Q1: Characteristics of a Recipe
     - Why do you think recipes are that way? Why is it helpful or necessary?
   - Connect recipe form to goal-setting
     - In what ways are goals and recipes similar?
4. Introduce example goals (on worksheet)
   - Keeping in mind the characteristics of a recipe, which goal do you think will be easier to achieve?
     - Ex) Jenna says her goal is to get good grades
     - Ex) Gina says her goal is to get all A's this semester by doing all of her homework every day, turning in all her assignments, and asking for help from the teacher if she doesn't understand something
5. Discuss which goal is going to be more effective?
   - Include: specific (ways to achieve it), measurable (A letter grades, also measurable in the ways to achieve it), achievable (all the parts are there, broken down), realistic (what factors will contribute to a goal's failure), deadline.

**Part 2: Using the Recipe Worksheet (15 minutes)**
1. Guide students through the worksheet using one of their goals (or career goal w/fact sheet)
2. Have students create short term goals (for the coming week) for all five aspects of their lives to finish the worksheet (intellectual, physical, social, emotional, moral).

Adapted from: Alissa Delafuente, Fall 2012
Recipe for Success: Effective Goal Setting Activity

1. **Brainstorm** Characteristics of a Recipe:

2. Keeping in mind the characteristics of a recipe, consider these goals of different, imaginary students:

   A. Jenna says her goal is to get good grades.

   B. Gina says her goal is to get all A’s this semester by doing all of her homework every day, turning in all her assignments, and asking for help from the teacher if she doesn’t understand something.

3. If goals are like recipes, which student is going to have an easier time reaching her goal? Why?
My Recipe

My Goal:

Ingredients (items, skills, personality traits, education, or knowledge you will need to accomplish your goal):

Cook Time (When do you want to complete your goal by?):

Instructions (Steps to Get There):

1.
2.
3.
4.
5.
6.

Don’t forget the baking soda! – What motivates you to accomplish this goal? List things that can motivate you (this can include people, rewards, and intrinsic (internal, comes from inside you).

Motivation:
Goals for a Balanced Life:

Intellectual:

Physical:

Social:

Emotional:

Moral: