

READY? SET? GOALS!

GOING ON AN IDAHO RAFTING TRIP!

It seems like people talk about goals at school, work, in therapy and now here in this guide. Why are they so important? Putting your thoughts and goals down on paper, helps to activate new behaviors by bringing focus to your intentions, efforts and accomplishments. Writing down your goals can be a great way to track the things you want to do, identify ways to accomplish those things, understand how you can respond to challenges and celebrate your success.



On the next two pages, you will find an activity that will help you with the goal setting process. *Have fun and enjoy the ride!*

1 PREPARING

Just like you need to prepare before you go rafting, you also need to prepare when creating your goals.

Your First Step is to decide what you want your goal to be.

List your goal(s) here:

Your Second Step is to decide whether you want the goal(s) to happen in the short-term (within 6 months to a year) or long-term (more than a year from now).

Write down the time frame in which you want to accomplish your goal(s):

I plan to complete my goal(s) by: _____

READY? SET? GOALS! *(continued)*

2 CHALLENGES

With any plan that we make, there may be a hurdle that pops up to get in our way and takes us off of our intended path to reaching our destination.

List some things that might get in the way of you reaching your goal(s) on time:

3 PROBLEM SOLVING

Now it's time to put your creative thinking cap on. Don't give up when things get frustrating or scary. Just like on the river when you see a rapid approaching you starting thinking, "What's after this?" How are you going to get around or through these hurdles so that you keep moving towards your goal? List your ideas here:

4 MY SUPPORT

Who are the people in your life (or in your raft) that can support you, encourage you and help you with ideas so that you keep moving safely towards your goal? List your support crew here:

5 MY MANTRA

Sometimes, it will take months or even years to reach your goal(s). This can seem like a long time. What will you tell yourself (your own personal mantra or saying) each day so that you can accomplish each step you need in a positive way to reach your goal(s)?

6 MY SUCCESS!

You made it and have accomplished your goal(s). You may have encountered things that tried to get in your way and your route may have changed, however, you navigated the path safely with the help of your support team and your hard work.

Now it's time to celebrate with a smile!

GOING ON AN IDAHO RAFTING TRIP!

JUST LIKE YOU NEED TO PREPARE BEFORE YOU GO RAFTING, YOU ALSO NEED TO PREPARE WHEN CREATING YOUR GOALS.

START →

EXCITED TO GET STARTED!

1 PREPARING



2 CHALLENGES



3 PROBLEM SOLVING



WHEW. THIS IS HARD WORK!

4 MY SUPPORT



MY SCOUT, REBA

5 MY MANTRA

I WILL KEEP GOING—I'M DOING GREAT!

FINISH!

6 MY SUCCESS!



WOOHOO! I DID IT!!!