



Episode 1) Why Set Goals?

Your feedback is so valuable! You are free to answer honestly as your answers are anonymous.

School: _____

Grade: _____

Age: _____

Race: _____

Gender: _____

Question 1

Why is it important to write your goals down?

Question 2

What does this quote mean to you: 'If you aren't setting goals for yourself, someone else will'?

Question 3

Did anyone teach you the importance of setting goals?

No Yes If yes, who? _____

Evaluation Question 1: What is something you learned that you did not know before?

Evaluation Question 2: What action will you take based on what you learned?

Episode 2) Do You Have Clear Goals?

Your feedback is so valuable! You are free to answer honestly as your answers are anonymous.

School: _____

Grade: _____

Age: _____

Race: _____

Gender: _____

Question 1

What is the difference between goal-setting and wishful thinking?

Question 2

How can setting clear and realistic goals help you stay on track and reach your long-term dreams?

Question 3

What talents or activities do you enjoy that could help you achieve your goals? How could you use them to make progress?"

Evaluation Question 1: What is something you learned that you did not know before?

Evaluation Question 2: What action step will you take based on what you learned?



Episode 3) Do You Have An Action Plan?

Your feedback is so valuable! You are free to answer honestly as your answers are anonymous.

School: _____

Grade: _____

Age: _____

Race: _____

Gender: _____

Question 1

Why is it important to have an action plan?

Question 2

What type of distraction do you find affects you the most?

Question 3

What do you think would make it easier for you to handle that distraction and stay on track?

Evaluation Question 1: What is something you learned that you did not know before?

Evaluation Question 2: What action step will you take based on what you learned?



Episode 4) Can Distractions Kill Your Goals?

Your feedback is so valuable! You are free to answer honestly as your answers are anonymous.

School: _____

Grade: _____

Age: _____

Race: _____

Gender: _____

Question 1

How would you describe being overcommitted?

Question 2

What makes it challenging to turn down requests or opportunities?

Question 3

What is an adjustment you can make in your daily routine to stay on track?

Evaluation Question 1: What is something you learned that you did not know before?

Evaluation Question 2: What action step will you take based on what you learned?



Episode 5) What Is the Most Harmful Distraction?

Your feedback is so valuable! You are free to answer honestly as your answers are anonymous.

School: _____

Grade: _____

Age: _____

Race: _____

Gender: _____

Question 1

Why do you think it's common for people who've experienced abuse to feel like it's their fault, and how would you support them in overcoming those feelings?

Question 2

How many reports of child abuse are there every year?

Question 3

How would you define manipulation or a toxic relationship?

Evaluation Question 1: What is something you learned that you did not know before?

Evaluation Question 2: What action step will you take based on what you learned?



Episode 6 - Part 1) Stories of Enduring & Overcoming

Your feedback is so valuable! You are free to answer honestly as your answers are anonymous.

School: _____

Grade: _____

Age: _____

Race: _____

Gender: _____

Question 1:

What is something important to you that someone might use to try to earn your trust?

Question 2:

Please describe a time where you felt powerless.

Question 3:

What did you need in that moment to take back your power?

Evaluation Question 1: What is something you learned that you did not know before?

Evaluation Question 2: What action step will you take based on what you learned?



Episode 6 - Part 2) Stories of Enduring & Overcoming

Your feedback is so valuable! You are free to answer honestly as your answers are anonymous.

School: _____

Grade: _____

Age: _____

Race: _____

Gender: _____

Question 1:

What is an area of your life where you feel unsure and need support, and how could it become a strength?"

Question 2:

Who do you trust? Who gives you hope?

Question 3:

What would you say to someone too scared to speak up about abuse?

Evaluation Question 1: What is something you learned that you did not know before?

Evaluation Question 2: What action step will you take based on what you learned?



Episode 7 - What Is Your Mindset?

Your feedback is so valuable! You are free to answer honestly as your answers are anonymous.

School: _____

Grade: _____

Age: _____

Race: _____

Gender: _____

Question 1:

What is an example of a fixed mindset?

Question 2:

What is an example of a growth mindset you can apply to yourself?

Question 3:

What would you say to someone who feels they're not a victim because they didn't stop the abuse?

Evaluation Question 1: What is something you learned that you did not know before?

Evaluation Question 2: What action step will you take based on what you learned?

Write down the top 3 goals you want to achieve this year.

When you ponder your goals, you can let your imagination run wild or stay grounded in practicality. Your goals can span from personal ones like making new friends, to academic objectives such as improving your math grades, & even practical targets like obtaining your driver's license.

Goal 1: _____

When can you expect to see results for this goal, and what's your target completion date?	
What steps are required to reach this goal?	
What are some distractions that will keep you from achieving this goal?	
What steps can you take to avoid those distractions?	

DREAM BIG, SET YOUR GOALS, & WATCH THE WORLD UNFOLD BEFORE YOU!

Goal 2:

<p>When can you expect to see results for this goal, and what's your target completion date?</p>	
<p>What steps are required to reach this goal?</p>	
<p>What are some distractions that will keep you from achieving this goal?</p>	
<p>What steps can you take to avoid those distractions?</p>	

**THERE ARE IDEAS INSIDE YOUR MIND, HEART & SPIRIT THAT
NO ONE HAS EVER THOUGHT OF BEFORE!**

