



Goal Planning for a Healthy, Active Future

On a dog-scale, how are you feeling today?

How are you feeling today?



H2P Goal Module



Close your eyes and imagine an
AWESOME life as an adult....



Where will you work?

Where will you live?

*What will you do for
fun?*

*How will you participate
in the community?*

What's Goal Power?



- a) Being rich and famous!
- b) A way of breaking down your dreams into goals and action steps
- c) Rainbows and butterflies

Is it OK to have big dreams?



- a) Yes! Even if you don't achieve your dream, it's motivating and helps you take action toward an **AWESOME** adult life.
- b) No, it's not realistic.