

CHARACTERCOUNTS!® WEEK

Goal Achievement

Unexpected challenges and obstacles often occur while pursuing a goal. That's why Measure, Monitor, and Revise is such an important part of the Goal Achievement Process. To help participants practice their measure, monitor, and revise skills, complete the following activity, which takes 20-30 minutes.

1. Tell participants that they are going to watch a video clip featuring high school student and field hockey player Nicole Graham.
2. Play the video (<https://vimeo.com/99770888>). Pause the video at the 2:10 mark.
3. Direct participants to create a Goal Map for Nicole. The video states that her desired goal is to play field hockey at Dartmouth College. Participants will need to fill out the remainder of the Goal Map for what they think Nicole will need to do in order to reach that goal.
4. Once participants create their Goal Map for Nicole, restart the video clip. Participants will learn about Nicole's cancer diagnosis and how that impacted her goal.
5. Pause the video clip at 7:05. Review the key development of Nicole's story. Ask participants to measure, monitor, and revise their Goal Map for Nicole. What changes will they need to make to their Goal Map due to Nicole's situation?
6. Watch the remainder of the video clip. Remind participants that just because their plan gets disrupted, that doesn't mean they have to change their goal. Instead, think about how the plan can be changed in order to still pursue the goal. Also, remind participants that even if they fall short of their goal, by committing to the process, they will end up in a better place than they started. While Nicole did not get a scholarship to play field hockey at Dartmouth, she was able to compete her senior year, and was still accepted at Dartmouth as a student.

The ESSENTIALS

This lesson is published in [The ESSENTIALS](#).

It is written for grades 6-12 but can be adapted to fit your grade level needs.

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