

# Do Your Goals Matter?

FEEDBACK FORM Grades 6-12



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

**School:** \_\_\_\_\_

**Grade:** \_\_\_\_\_

**Age:** \_\_\_\_\_

**Race:** \_\_\_\_\_

**Gender:** \_\_\_\_\_

## Question 1

How important is goal-setting to you, on a scale from 1 (not important) to 10 (extremely important)?

1   2   3   4   5   6   7   8   9   10

## Question 2

What is the success rate for individuals who write down their goals and create an action plan?

☐ 55%

☐ 76%

☐ 25%

☐ 100%

## Question 3

Did anyone teach you the importance of setting goals? ,If yes, who?

## Question 4

What are some things you're good at or love doing that could help you with your goals?

## Question 5

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

## Question 6

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

## Question 7

When did you learn the definitions of the different types of abuse?

## Question 8

How many reports of child abuse are there every year?

## Question 9

How would you define manipulation or a toxic relationship?

## Question 10

What is something that is important to you, that could be used to gain your trust?

## ACTIVITY :What if?

What if Nathan did what his abusers told him to do because he was afraid he'd lose his promotion and suffer further abuse? Match the correct outcome to each question.

What if he joins in and agrees to abuse others?

He is guilty by association because he knows what's happening. The sexual and emotional abuse of others as well as himself continues.

What if he stays silent and does nothing?

He takes control of his story, the abuse stops, others are protected, and he achieves his goals.

What if he protects his goals and reports the abuse?

He commits a felony, possibly gets a criminal record, never gets into the military.

## Question 11

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

**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: \_\_\_\_\_

|                                                                                           |  |
|-------------------------------------------------------------------------------------------|--|
| 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?                                      |  |

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

|                                                                                           |  |
|-------------------------------------------------------------------------------------------|--|
| 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?                                      |  |
| Who is a trusted friend or adult you can share your goals & dreams with?                  |  |

## THERE ARE NO LIMITS

WWW.POWEROVERPREDATORS.ORG

# My Letter to Me!

Write a letter to yourself a year from today, celebrating all the goals you've achieved.

Start with the goals you've already written down and imagine how great it will feel when you accomplish them. Use words like "proud," "brave," and "smart" to talk about yourself. Remember to share about how you overcame obstacles and the fun, exciting moments you've experienced. Keep being your amazing self, and have a blast reading this letter in the future!

[illegible]