

Designing Your Destiny: Classroom Lesson Plan

Lesson Topic:

Designing Your Destiny

Lesson Objective:

Students will be able to break a large goal down into smaller steps.

Materials:

- Writing utensils
- Breaking Down My Goal worksheets, one per student
- Breaking Down a Goal worksheet, one copy
- Whiteboard, overhead, or chart paper
- Projector or other method to watch the movie

Advanced Preparation:

- Preview the [video](#) before sharing it with your students [3:11].
- Make copies of **Breaking Down My Goal**, one per student and **Breaking Down a Goal**, one copy.

Warm-up Activity:

1. Ask, "What do you think it takes to succeed in life?"
2. Direct students to turn and talk to a partner. Then bring the class together to discuss students' ideas. Note that students are likely to have many varied ideas of "success" and the steps it takes to get

there.

View the Video: "Designing Your Destiny"

1. Tell students they will be watching the video titled, "Designing Your Destiny".
2. Explain that the video shares powerful life advice and guidance from a variety of role models.
3. View the video together and have students listen for pieces of advice shared by the role models. Explain that after the video, they will be working to summarize this advice into 2-3 main points.
4. View the video again; this time, invite students to formulate questions or comments about the ideas discussed in the video. Students should be prepared to discuss these after viewing the video.

Video Follow-up:

1. Ask students to offer their questions, comments, reactions, and responses to the video.
2. Ask, "What life advice did you hear in the video?"
3. Allow students to briefly chat with a partner. Then bring the class together to discuss their thoughts.
4. Work as a class to summarize the advice in "Designing Your Destiny" into 2-3 main points. Write these points on the whiteboard, overhead, or chart paper.
5. Emphasize the importance of taking steps to create your reality and knowing that you have the power to shape your own life. Explain that one great way to shape your life is to set goals.

6. Ask, "What are some examples of goals that could help lead to success?"
7. Direct students to turn and talk to a partner. Then bring the class together to discuss students' ideas.
8. Explain that big goals can often feel overwhelming. People might feel they don't know where to start or what steps they need to take to achieve their goals.
9. Say, "Raise your hand if you've heard the famous saying, 'The only way to eat an elephant is one bite at a time.'"
10. Ask, "What does this saying have to do with setting and achieving your goals?"
11. Direct students to turn and talk to a partner. Then bring the class together to discuss students' ideas. Ensure students understand that one smart strategy to use when thinking about their goals is to break them down into smaller pieces or "bites".
12. Use the **Breaking Down a Goal** worksheet to model the process of setting a goal and breaking it down into smaller steps or "bites". Talk through your thought process as you set the goal and break it down into each smaller bite.
 - For example, you may set the goal as "attending college" and break down the smaller steps into items like "earning good grades", "participating in afterschool activities", "researching colleges and college choices", etc.
 - Depending on student age and ability, you could also model splitting some of these smaller steps even further. For example, "earning good grades" might break down into smaller bites of "paying attention in class", "completing my homework", "studying for tests", etc.
13. Distribute **Breaking Down My Goal** worksheets.

14. Direct students to work independently to break down a goal that they have. Circulate to assist.
15. Bring the class back together and allow any students interested in sharing their goal and smaller “bites” to do so.
16. Use some or all of the following questions to close the lesson:
 - What does it mean to “design your destiny”?
 - What advice did the role models offer about designing your destiny?
 - How can goal setting help you design your destiny?
 - What challenges might someone have when setting goals? What advice would you give them to overcome those challenges?
 - What does “success” mean to you?
 - Do you think everyone has the same definition of success? Why or why not?
17. Close the lesson by reminding students that they are in charge of their happiness and success. They have the power to craft their reality.
18. Reiterate the 2-3 main bullet points of wise advice the class summarized from “Designing Your Destiny”. Encourage students to discuss their goals and plans with their friends and family.



Extension Activities:

1. Use the "Related Questions to Explore" as discussion springboards or writing prompts to help students further explore goalsetting and personal responsibility.

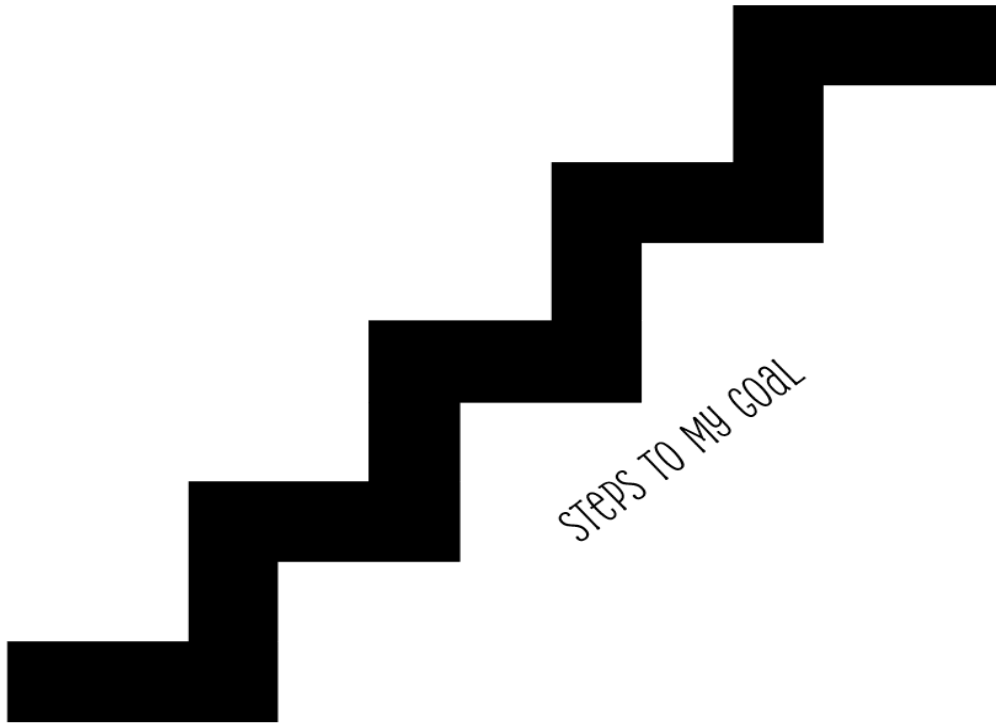
Related Questions to Explore:

- What goals do you have for yourself? Do you think personal goals change over time? Why or why not?
- What traits or habits do you think successful people have? How do you think these habits or traits contribute to their success?
- What might happen if someone allows outside forces or others to guide their life instead of putting themselves in the driver's seat?
- How did you feel when the role models explained that you are responsible for your own happiness, success, and personal fulfillment? Why do you think you felt that way?
- What role does self-discipline play in designing your own destiny? Can you think of a time when self-discipline helped you achieve something important?
- What strategies can you use to stay motivated when pursuing your personal goals?

Breaking Down My Goal

Write a main goal that you have on the top step of the stairs below. Then, use the lower stairs to fill in smaller goals or steps that you will need to take to reach that main goal.

MY GOAL:



1. Why is it helpful to break large goals into smaller steps?

2. What is the first thing you are going to do to start working towards your goal?



Ideas for Future Lessons/Activities Related to Designing Your Destiny:

1. What Would You Do? Practice Solving Common Life Problems
2. SMART Goal Setting: Creating Measurable, Specific Goals
3. How Do I Become a...? A Deep Dive into Career Paths and Career Traits
4. Creating a Support Network: Identifying Caring Adults and Friends to Help on Your Journey
5. Literature-Based Learning: Following the Lives of Famous Female Figures through their Biographies and Autobiographies
6. Design Your Destiny: Creating a Plan to Move You Closer to Your Goals
7. Self-Confidence, Self-Esteem, and You: Scientifically Backed Ways to Boost Your Self-Love