

## Resource 17

# What do I want to achieve this year?

### Instructions:

1. Have a think about what you want to achieve this year. Fill out the tables below to set yourself some goals. These will be useful to refer to when having hauora conversations with your teacher.
2. Refer back to your thoughts in the Resource 13 student worksheet. What do you want to achieve by the time you leave school that you can start working towards this year?
3. Share your goals with a partner and discuss what obstacles you might come across to achieving your goals - what could you do to overcome them?

### Hauora Goals example

Category	What I want to achieve?	What do I do now?	My definition of what success would look like: (be specific)	How am I going to achieve this?
<b>Taha tinana</b> (physical wellbeing)	I need to move more but I hate exercise	I sometimes walk into town in the weekend.	intentionally go for a 30-minute walk at least 3 times a week	get Jesse to walk around school with me at lunch time every day that it's not a wet lunch so we're both getting exercise and it will make it more fun

### Academic Goals example

Subject	Where I am at now	What I want to achieve (be specific)	How am I going to achieve this?
Maths	Failing algebra	Get at least 60% on the algebra test	Tell my teacher that I'm struggling with the content and ask for extra help so I can achieve my goal

### Other Goals example

Category	What I want to achieve?	What do I do now?	My definition of what success would look like: (be specific)	How am I going to achieve this?
Kapa Haka	Make it into the kapa haka group that will be performing at nationals	Practice at school and sometimes at home	Being selected for the nationals group	Tell Matua that I really want to make the nationals group and ask what I need to do to get there.

**Obstacles & Solutions:** What could get in the way of me achieving these goals? What could I do to overcome these obstacles?

**E.g. Taha tinana obstacles:** Jesse might not want to walk with me. It'll be hard to stay motivated.

**Possible solutions:** I could find other friends who will do lunchtime walks with me, start a walking group to keep me motivated, do something outside of school e.g. with Mum

**Hauora Goals** – What I want to achieve this year (*one goal for each hauora category*)

Category	What I want to achieve?	What do I do now?	My definition of what success would look like ( <i>be specific</i> ):	How am I going to achieve this?
Taha tinana (physical wellbeing)				
Taha wairua (spiritual wellbeing)				
Taha hinengaro (mental wellbeing)				
Taha whānau (social wellbeing)				

**Academic Goals** – What I want to achieve this year (*at least one academic goal*)

Subject	Where I am at now	What I want to achieve ( <i>be specific</i> ):	How am I going to achieve this? ( <i>Do you need to find extra help?</i> )

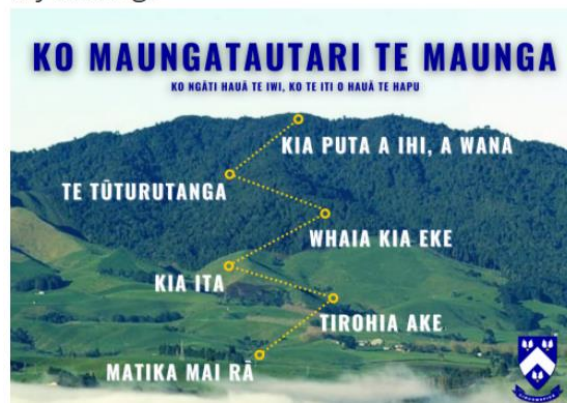
**Other Goals** – What else I want to achieve this year (*optional*)

Category	What I want to achieve	Where I am at now	My definition of what success would look like ( <i>be specific</i> ):	How am I going to achieve this? ( <i>be specific</i> ):

Once you have completed this exercise, go onto Career Central, 'Next Steps' and complete your 'Taumata goal' in 'My Maunga'.



My Maunga



From the Goal Categories below write a Taumata Goal and at least one other goal you would like to achieve.

For your **Taumata goal** think about:

Where do you feel you are on your Maunga at the moment?

Where is the next taumata on your Maunga that you would like to reach?

What key actions will you need to do to get to your goal taumata?