



HERO ON DUTY Worksheet Instructions

Living Your Dreams Map (Side 1 Instructions):

1. Take out a sheet of notebook paper.
2. Write down your answer to the question, “What would be the best use of my time and talent, EVEN IF they didn’t pay me for it?” In other words, “How would you like to make a difference in the world or your community?”
3. Describe the kind of person you would have to BE to live a life of meaning and doing something that could make an impact in the world.
4. Make a list of colleges or type of educational training you would need to help you do that.
5. Lastly, make a list of the dreams you could accomplish if you follow your heart and pursue that intention.
6. Finally, take all that you wrote and create a collage of pictures that represent your vision and what your life could look like. Also, add inspirational quotes that help you remember why it’s important to do those big things you listed. You can also add your dreams about places you want to travel, people you would like to meet and things you would like to have someday.

**Bonus for Extra-Credit - Have students make a dream collage for a grade or bonus points and create a DREAM WALL in your classroom or hallway wall near your classroom door. It is great way to keep their vision in front of them.

GOAL SETTING (Side 2 Instructions):

1. In the top square, left hand box, where it says, **Academic Goals** - write the name of the class subject or subjects you want to improve your grade and the grade you want to make in that class or classes.
Example - 85 in Algebra - up from a 72.
2. In the box to the right of that, it says, **Action Steps** - make a list of specific action steps that you could take to make that grade.
Example - turn in late assignments, take notes in class, go to tutorials, study 30 minutes for every quiz.
3. In the bottom left hand box, it says, **Resources** - make a list of the people, strategies, or tools that could help you achieve that goal. **Example - my teacher - Mr.Johnson, my older sister, youtube video on solving Algebra equations.**
4. In the bottom right hand box, it says, **Deadline** - set a hard deadline for this goal to be accomplished.
Example - January 18th, 2018 - end of the grading period.
5. REPEAT THE SAME PROCESS for **Extracurricular Goals**- such as sports, band, clubs, or goals outside of school and **Leadership Goals** on your campus or in your community.
6. Finally, as a class, or with your school club, do the process as a team and set a goal of how your **Group or Organization** can make a positive impact on your campus or community.