LESSON PLAN

ON THE WAY TO A GOAL

Content

1. Teacher's Lecture

Today we will talk about effective implementation of changes. How to do it to achieve the intended goal?

First of all, it is necessary to know that:

• Changing habits is a process that requires time and patience - it can be assumed that it takes about 3-4 weeks to get rid of an old habit. It is best if, instead of the old, unfavorable habit, we start introducing a new one.

• In changes related to diet, it is not always about continuous success. Sometimes there are worse days when nothing goes as we would like. However, if we do not change our attitude at such moments, it is certain that the crisis will pass quickly, and we will continue on our way to the goal.

• Although the media, colorful magazines, and the internet are buzzing with revolutionary methods that are supposed to change your life at lightning speed - this is not true. Every person may feel reluctance to change, at least at the very beginning, and therefore abandoning it with a whole set of changes simultaneously is very difficult to achieve.

• Remembering that you have many of your own matters such as school, extracurricular activities, and time for loved ones, it is worth considering what you can work on to reconcile it all. For example, if you know that you have no chance of additional running training during the week, think about what else you can do to move more. Maybe there will be time to ride a bike to school, take a longer route after classes, and during the day you will decide to take the stairs between floors in the school building instead of using the elevator. And now we have specific changes!

• What is very important! To give yourself a chance for success, it is not worth comparing yourself with others. Remember! Every person is a different story - that means that each of us lives in a different house, has different possibilities, a different lifestyle, but also a different state of health. Focus on yourself - that means treat yourself with kindness and understanding. None of us is perfect - you can be sure of that.

• If you desire a change, think about why it is so important to you, what will change for the better in your life because of it.

• Last but equally important! Without an action plan - its description and thorough consideration - we can quickly become discouraged from working on ourselves, so as part of homework, you will prepare your plan for the near future.

I wanted to ask you now about your successes in the past. Share your experiences. What made it possible for you to achieve a desired or difficult goal?

Certainly, as many people, as many different stories, which show that each of us is different. We have different goals, but we also differ in terms of strengths, talents, which make us achieve different goals.

Strengths are one of the points you will pay attention to when doing your homework, and now I invite you to watch the video, which is somewhat a summary of our conversation today.

1. Comic
2. Summary

Now I ask you to share your thoughts after listening to the short lecture and watching the video/comic. What did you pay particular attention to, what surprised you?