

I CAN DO IT!

Use the I Can Do It! model to plan and reach your goals

>Discover your interests and options

- .What am I good at?
- . What do I like to do?
- . What do I want to do?

>Obtain and Organize information

- . Gather information about what you like to do.
- . Set priorities

>Identify your goal and Implement a plan

- . Identify your long-term goal
- . Identify the short-term goals you need to reach to achieve your long- term goal.
- . Set priorities

>Take action and Take stock!

- . Take action to reach your first short-term goal
- . Praise yourself for your efforts
- . Evaluate how you're doing. If there are problems, setbacks or obstacles, re-work your plan. Get help from friends or a trustworthy adult.

1. Make a map to reach your goals! What is your destination (your long-term goal)?

2. What are some of the steps you'll need to take to get there (short-term goals)?

3. What's a step you can take this week?

Set goals for the next 6 years of your lives

- Identify obstacles and ways to overcome them
- Develop a road map for the way forward

SETTING GOALS

Setting goals is deciding what you want to do and what time frames you want to do it in. There are long term goals and short-term goals. Everyone needs to be prepared for the unexpected in the future because things do not always go as planned. There will be some things that you can control and some things over which you will have no control e.g. death of a parent or significant other, birth of other siblings, siblings may have children, parents may change partners, may change neighbourhood or schools, hurricanes, serious illness, accidents. You have control over your sexual health. You can practice good sexual health and can control whether or not you

experience unwanted pregnancy, unprepared fatherhood, STI and AIDS

When we are moving toward long-term goals, over a period of weeks or months, we will experience changes in their lives. Some of the changes might be positive things that help us reach their goals. Maybe a friend helps us get a job we wanted. Some of the changes might be negative things that interfere with our goals. Maybe we don't get the good grade we expected on the test.