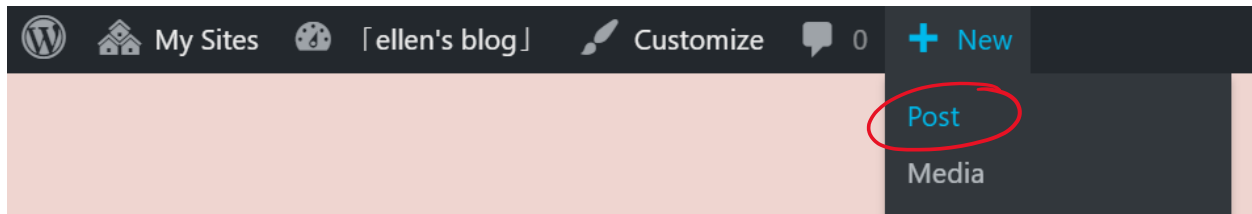


Reflection 1 - What Are Your Goals This Year?

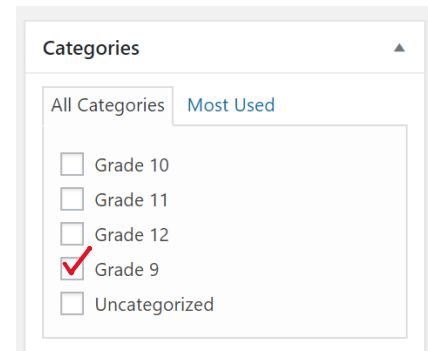
We all have dreams. We like what we like, and we know what we want. However, we don't always know how to go about it. Setting clear goals can help you get to your dreams step-by-step. It allows you to have long-term vision and short-term motivation. Goal setting can help you focus your strengths and organize your time and resources to be productive with your precious time. When you set your goals and reach them, then repeat this process with a new set of goals, the process develops into a beneficial habit which will help you reach your dreams.

To begin this reflection, you will need to **create a new post**. First, log into www.mypinetree.sd43.bc.ca. From home page site, hover your mouse over **New** at the top of the screen and then select **Post** from the dropdown menu.



Give your new post the title: **Reflection 1 – My Goals for This Year**.

Before you begin adding anything to the new post, select **Grade 9** from the list of **categories** on the right side of the screen. After selecting Grade 9, you can begin working on your reflection in the editor. This part should be familiar now that you've completed Assignment 2. If you haven't yet done Assignment 2, you should go back and finish it first!



In your **new post**, you will talk about your short-term goals for 3 categories: 1) **family and friends**; 2) **education**, and 3) **health**. You should be specific with your goals so you know exactly what you would like to achieve by grade 10. For each goal, try to include details that will help you know if you have achieved your goal. If it helps, try to think of a short-term goal for the next month, a goal for this semester, and a goal for the year.

For instance, *"I would like to be healthier"* is not a specific goal. An example of a specific goal would be *"I would like to be physically active ___ hours a week so that I can be able to do a ___ km run in ___ minutes by grade 10."*

Have at least **3 specific** goals for each section. Also, in a sentence or two, explain why these are your goals (why would you like to achieve them?).

In other words, you should have in **total of at least 9 specific goals and explanations**. All this goal setting will help you become a better you next year. You will have a new set of goals to reach by then!

Remember, this will be a PUBLIC blog post so do not include private information like full names, addresses or photos/videos with identifiable faces.

Don't forget to add pictures/colours/etc. to make your entry attractive and uniquely **you!!**

Reflection 1 - What Are Your Goals This Year?

To submit this assignment through **Teams**, click on *Add work*. Select *Link* from the list of options and then copy the URL of your *About Me* page into the *Web address* field. **Remember to click *Turn in* when you're done!**

Assignment 2 - Personalizing Your Blog

Due Tomorrow 11:59 PM

Instructions

To submit your work

Reference materials

My work

OneDrive

New File

Link

Assignments

Add work

Web address

https://

Text to display

Enter description

Attach

