

TIPS & TRICKS TO HELP YOU FOCUS

1. Make a list.

Write the things you need to get done. Then cross them off as you finish them.

2. Move before you sit.

Your brain likes it when your body moves. Before you sit down to study, take a short walk, ride your bike or do something else that's active.

3. Turn off electronic devices.

Outside distractions can make it hard for you to focus.

4. Take breaks.

Get up and stretch or do a few jumping jacks. Walk around your house. Grab a glass of water. Do anything that helps you recharge.

GOAL PLANNER

Kiwanis
TERRIFIC
KIDS

NAME



Kiwanis

3636 Woodview Trace • Indianapolis, IN 46268
+1-317-875-8755 • kkids.org/terrifickids

YOU'RE A TERRIFIC KID.

Terrific Kids helps you make positive choices and improve your skills. It's easy to accomplish things that are important to you when you set goals and take small steps to make them happen.

Terrific Kids works because *you* decide what you want to work on. Maybe you want to get better grades or learn robotics. Perhaps you want to be a better listener. Work with your teacher and goal buddy to figure out the best goal for yourself — and what steps to take each week to achieve it.

HOW TO WRITE GOALS

Ask yourself these questions when writing your Terrific Kid goals.

1. Is the goal big enough?

Write out some actions you can take to achieve the goal. If you cannot think of any actions, the goal may not be big enough or the right goal for you at this time.

2. Can you really accomplish your goal?

Your goal should be challenging — but not impossible!

Example: You may want to be an accountant or a pro athlete, but your goal for the semester could be to improve your math or become more physically fit.

3. Can you achieve it in a short time?

Example: By the end of the semester, I will turn in my homework on time every single day.

Kiwanis TERRIFIC KIDS GOAL PLANNER

MY GOAL

MY ACTION

1.

Did this action help you achieve your goal? ☐ YES ☐ NO

2.

Did this action help you achieve your goal? ☐ YES ☐ NO

3.



Did this action help you achieve your goal? ☐ YES ☐ NO