

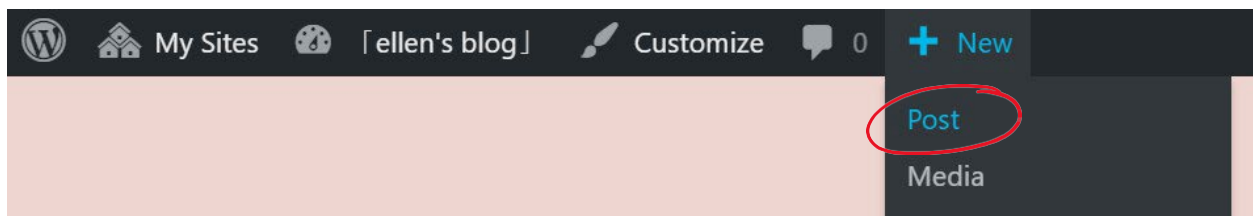
## Reflection 1 - What Are Your Goals This Year?

*Objective: Write a set of goals for this year and create a new blog post online.*

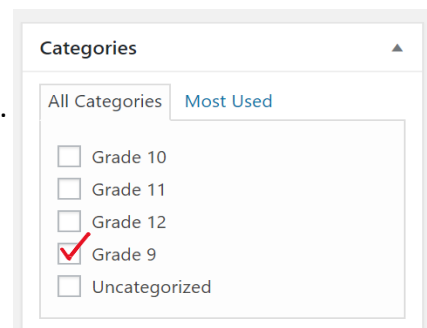
We all have dreams. We like what we like, and we know what we want. However, we don't always know how to go about it. Setting clear goals can help you achieve your dreams step-by-step. It allows you to have long-term vision and short-term motivation. Goal setting can help you focus your strengths and 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 throughout high school.

### *Step 1: Create a new Post*

First, log into [www.mypinetree.sd43.bc.ca](http://www.mypinetree.sd43.bc.ca). From your blog, 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.



### *Step 2: Set some goals for this year*

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 example, "*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.*"

Write at least 3 specific goals for each section, including a sentence or two that explains 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 can also add pictures and change text colours to make the assignment more personalized.

*Family & Friends*

*Goal 1*

*Goal 2*

*Goal 3*

EDUCATION

GOAL 1

GOAL 2

GOAL 3

Health

Goal 1

Goal 2

Goal 3

### Step 3: Submit your new post in Teams

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

To submit this assignment through **Teams**, click on **Add work**. Select **Link** from the list of options and then copy the URL of your **Reflection 1** 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

Assignments

My work

Web address

Text to display

Attach

Remember, the link you are handing in is the **permalink** to your post.

Reflection 1 - My Goals for this year

Permalink: <https://mypinetree.sd43.bc.ca/rcooper/2024/09/25/reflection-1-my-...ls-for-this-year/> Edit