

Goal Planning Resources for Workshop

***REQUIRED* WORKSHOP RESOURCES**

Creating Breakthroughs

What You Must Do to Create a Personal Breakthrough

<https://medium.com/the-mission/what-you-must-do-to-create-a-personal-breakthrough-5a5d9af39dbc>

Growth Mindset

Growth Mindset vs Fixed Mindset

<https://www.youtube.com/watch?v=M1CHPnZfFmU>

Goal Setting Worksheets

[SMART Goal Worksheet](#)

[Simple Goal Worksheet](#)

**Select a worksheet that works best for you. Worksheets with action steps are best.*

ADDITIONAL RESOURCES

How to Create Your Own Breakthrough (Even When the World Doesn't Want to Give it to You)

<https://www.goalcast.com/2018/08/06/create-your-own-breakthrough/>

What is Goal Setting and How to Do it Well

<https://positivepsychology.com/goal-setting/>

Goal Setting Worksheets

<https://www.wisegoals.com/goal-setting-worksheets.html>

How to Develop a Growth Mindset

<https://www.youtube.com/watch?v=9DVdclX6NzY>

Action Leads to Motivation

<https://www.meaningfulhq.com/action-leads-to-motivation.html>

Prepared by JCSW Community Engagement Subcommittee