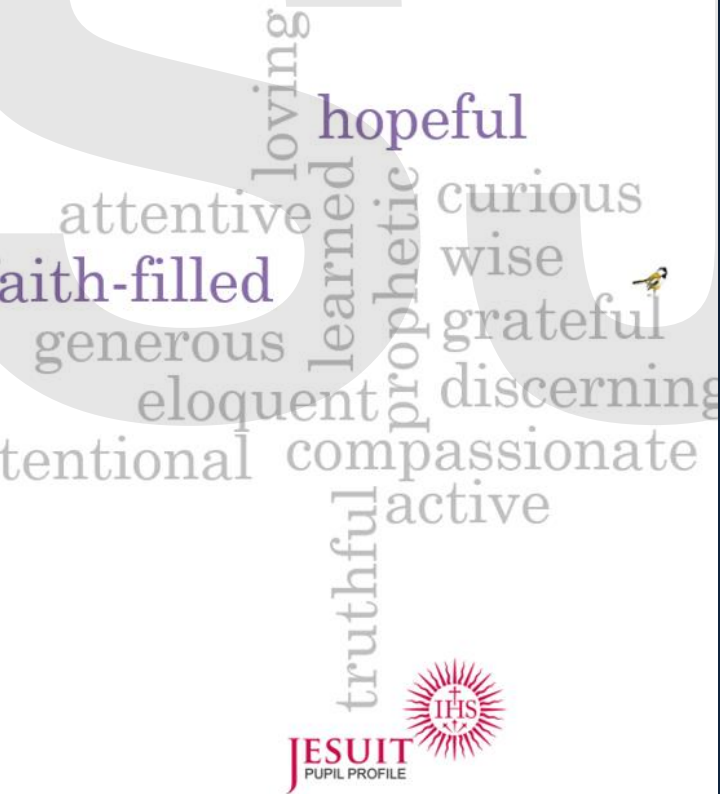


ASPIRATIONS



Learning Objectives:

- To understand the meaning of the word aspiration.
- To understand why it is important to have aspirations.
- To set aspirations for ourselves and think about what we might need to do to get there.



Let us pray...

Dear Lord, guide and bless us with the Holy Spirit. Grant us good health and the strength to attend school each day, so that we may grow, flourish, and develop the skills and knowledge we need in life.

Holy Spirit, remind us that each day is a new beginning, a fresh opportunity to build friendships and strengthen our relationships.

Lord, guide us here at St Joseph's to use our God-given talents to reach our full potential. Help us to stay organised, manage our time wisely, and always be punctual for school and our lessons.

We make this prayer through Jesus Christ our Lord. Amen



DEFINE ASPIRATION



aspiration

DEFINITION:

An aspiration is a hope or ambition of achieving something.

Why do you think having aspirations is important?

- Aspirations give you the motivation to get up every day and carry on doing what you're doing.
- They encourage you to persevere and find solutions to problems when they come up.
- They give us hope for the future and something to look forward to.
- It is also important to point out that it's important to enjoy the process of getting to where you want to be, rather than thinking you will only be happy when you have achieved a certain goal.

What are your aspirations for the future?

Watch this video about different people's aspirations.

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

How were the older people's aspirations different to the younger people's aspirations (in general)?

Which of the goals in the video seemed achievable? Were there any that you think the people were unlikely to achieve?

When we're setting goals for ourselves, it's important to realise that we can't all be award-winning actors or live in mansions in Los Angeles. This doesn't mean that we can't be happy. We're more likely to be happy if we set ourselves more achievable goals e.g. getting a job that we enjoy or buying a decent-sized house in a pleasant location.

When we're setting goals, we can use SMART:

Specific

Measurable

Attainable

Relevant

Time-bound

- Choosing a goal that it is possible for us to reach as this will make us more motivated and less likely to give up.
- Being clear about what we want to achieve and perhaps writing it down to remind ourselves of it.
- Choosing a goal that is purposeful rather than just choosing something at random.
- Setting a time scale for us to achieve the goal, rather than just saying we will get round to it.
- Choosing a goal where we can clearly know we have achieved it, rather than just “to be happy”.

Using SMART, set a couple of goals for yourself.

Some ideas could be:

- Focusing more in lessons e.g. staying on task.
- Performing better in a certain subject e.g. set a certain percentage you want to get in your next class test)
- Taking part in extracurricular activities e.g. sports or chess club.
- Developing your confidence e.g. aiming to participate once a lesson in every lesson for a week, aiming to talk to one new person at break time in the next week.
- Attend school every day so that you can achieve and reach your full potential.

The Pencil's Tale - a story that everyone should hear - YouTube



The mindset of a champion - YouTube



DISCUSS

Why is having aspirations important?

Why is it important to set aspirations that are achievable?

What are my aspirations for the year ahead?

What are you going to do to achieve your aspirations?