

Setting Goals

by Lara Goold

Materials needed: variety of game pieces from different games (or use the ones scanned below), scriptures

Purpose: Teach family members the importance of setting and reaching goals—both spiritual and temporal

Scripture: 1 Nephi 8 (Lehi's Dream)

Songs: "The Iron Rod", Hymns page 274
"I Hope They Call Me on a Mission", Children's Songbook, page 169
"The Things I Do", Children's Songbook, page 170

Opening song and prayer:

Opening Activity:

"Play a Game without Rules or Goals": Distribute random game pieces from a variety of games (a few scanned pieces have been included for your convenience). Give one to each person, then instruct them to go ahead and play. Don't give them any instructions or direction, but just wait for them to start commenting about how hard it is to play a game if you don't know what you're trying to do or what the rules are. It shouldn't take long.

Discuss: Use it as a starting place for a discussion about how it's difficult to know what to do if we do not know the goal we are trying to reach.

Lesson:

Johann Sebastian Bach Quote: Using the puppet of Johann Sebastian Bach, introduce him briefly as a world famous composer (and play some Bach music if you have any), then read his quote speaking of his great talent.

"I had to work hard. Anyone who works as hard will get just as far."

Discuss: Talk about how although Bach was blessed with musical talent, it was through his hard work and perseverance that he was able to achieve the great things he did musically. He had set a goal for himself to be a composer of beautiful music and then worked hard to achieve it. Emphasize that it's about setting the goals AND working to achieve them. If he had wasted his time on frivolous pursuits, all the musical talent in the world would not have helped him. He had to dedicate his time and efforts to achieve his goals.

Heber J Grant Story: Using the visuals and summary below, tell the story about how Heber J Grant reached the goals he set for himself. He is an amazing example of taking a weakness and making it into a strength by working hard to accomplish his goals.

Spencer W Kimball Quote on Setting Spiritual Goals: Using the puppet of Spencer W Kimball, briefly introduce him (if necessary) as one of the modern day prophets then read his quote about setting spiritual goals: (Quote on next page)

“...My dear young friends, the positive things you will want to accomplish need only be decided upon once—like going on a mission and living worthily in order to get married in the temple—and then all other decisions related to these goals can fall into line. Otherwise, each consideration is risky, and each equivocation may result in error...Now is the time to set your life’s goals. Now is the time to set your standards firmly and then hold to them throughout your life.”

Tree of Life Analogy: Read or summarize the account of Lehi’s vision of the Tree of Life found in 1 Nephi 8. Discuss with your family about how the Tree of Life represents our ultimate goal (eternal life filled with joy and the presence of loved ones) and the iron rod represents what we have to do to reach this goal. Use the visuals provided to talk specifically about the things we need to do to reach it.

Tie Together: As you’re talking about the Tree of Life and the Iron Rod, remind your family about how we need to keep our goals in mind (writing them down is helpful) AND we need to work hard to achieve them. If we know what our goals are it makes making important decisions an easier process. We need hold firmly to the Iron Rod and cling to the things we know are right to reach our spiritual goals.

Activity:

Goal Setting: Based on individual ages and abilities help the children think of a challenging but attainable goal they can work on. Give them a chart (a sample has been included and many more are available online) and hang it in a visible place. Help them to stick with their goals by providing opportunities to work on them together and to give accountability reports on how their goal is going. Future Family Home Evenings would be a perfect time to give reports. **The important part of this activity is the follow-through.** You do not want to let it fall by the wayside or the concept will not be as meaningful to them.

Goal Ideas: Goals for young children could include learning to write their name, learning their address or phone number, learning to button a shirt, giving a FHE lesson by themselves, or memorizing a short scripture. Goals for older children could include memorizing the Articles of Faith, reading the Book of Mormon (or a certain number of chapters), earning a certain amount of money for a desired toy, or learning a challenging song on the piano.

Closing song and prayer:

Refreshments: see recipe below

SNICKERDOODLES

1/2 cup **butter**, softened
1/2 cup **shortening**
1-1/2 cups **sugar**
2 **eggs**
2 teaspoons **vanilla**
2-3/4 cups **flour**
2 teaspoons **cream of tartar**
1 teaspoon **baking soda**
1/4 teaspoon **salt**
2 tablespoons **sugar** (for rolling)
2 teaspoons **cinnamon** (for rolling)



Directions:

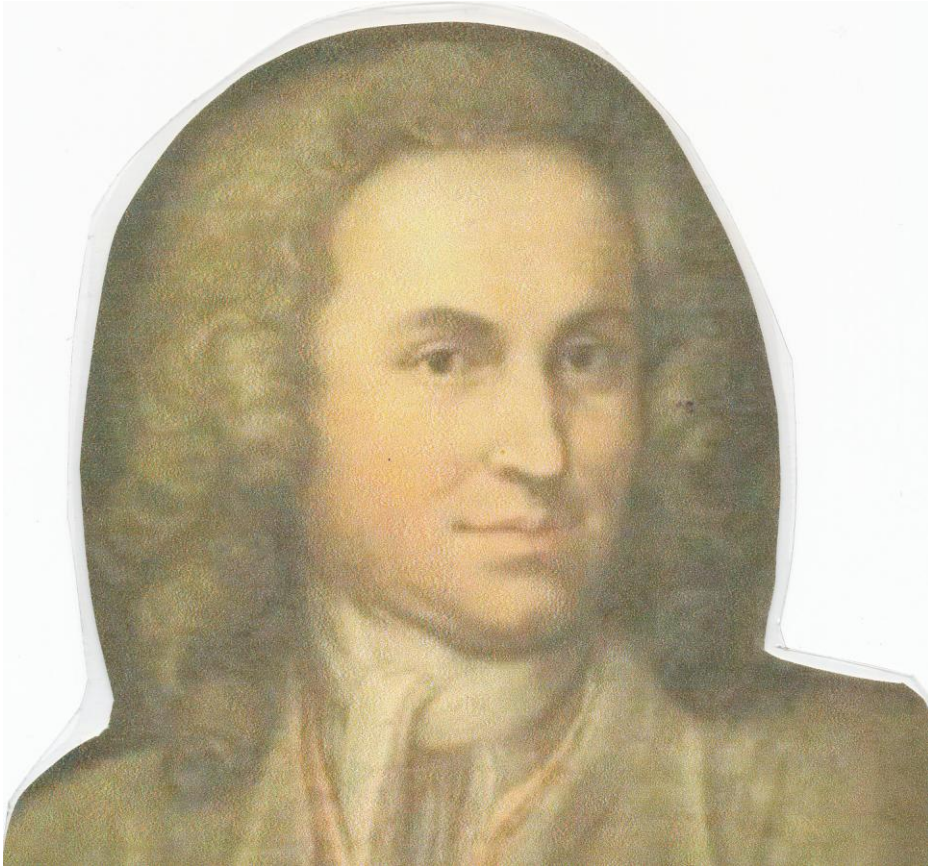
- Preheat oven to 400° F.
 - Cream together butter, shortening, 1-1/2 cups sugar, the eggs, and vanilla.
 - Blend in the flour, cream of tartar, baking soda, and salt. Shape dough by rounded spoonfuls into balls.
 - Mix the 2 tablespoons sugar and cinnamon. Roll balls of dough in mixture.
 - Place two inches apart on ungreased cookie sheet. Bake 7-10 minutes or until set, but not too hard.
- Enjoy!

Assorted game pieces for opening activity (or use pieces from games you own).



For more ready-to-print FHE lessons visit <http://thegoldenseven.blogspot.com>.

Johann Sebastian Bach puppet: cut and mount figure on popsicle stick (or magnet). Quote is also provided if you would like to mount it to the back of the figure.



*Johann Sebastian
Bach speaking of his
great talent said,*

*"I had to work hard.
Anyone who works
as hard will get
just as far."*

Heber J. Grant

Show picture of Heber J. Grant throwing a baseball.

When Heber J. Grant was a boy, he wanted to play baseball, but he was not able to throw the ball very far. The other boys made fun of him when he tried to throw.

Heber decided that he would learn to play ball so well that he would be chosen to play on a championship team. Day after day he practiced throwing the ball against the side of a barn. Sometimes his arm hurt so much that he could hardly sleep at night, but he kept practicing anyway. After a few years, Heber did play on a team that won a championship.

*What goal did Heber make?

*What did he do to reach his goal?

*What happened because Heber practiced playing ball?

Show picture of Heber J. Grant practicing his handwriting.

Later in life Heber wanted to work in a bank as a bookkeeper, but a bookkeeper's handwriting had to be neat and easy to read. One of Heber's friends told him, "Your writing looks like hen's tracks." Another friend said, "It looks as if lightning struck an ink bottle."

Heber spent many hours practicing to improve his handwriting. Some years later he received an award for having the best handwriting in the state. He also taught handwriting and bookkeeping at a university.

*What goal did Heber make this time?

*What did he do to reach his goal?

*What happened because Heber practiced his handwriting?

Show picture of Heber J. Grant singing.

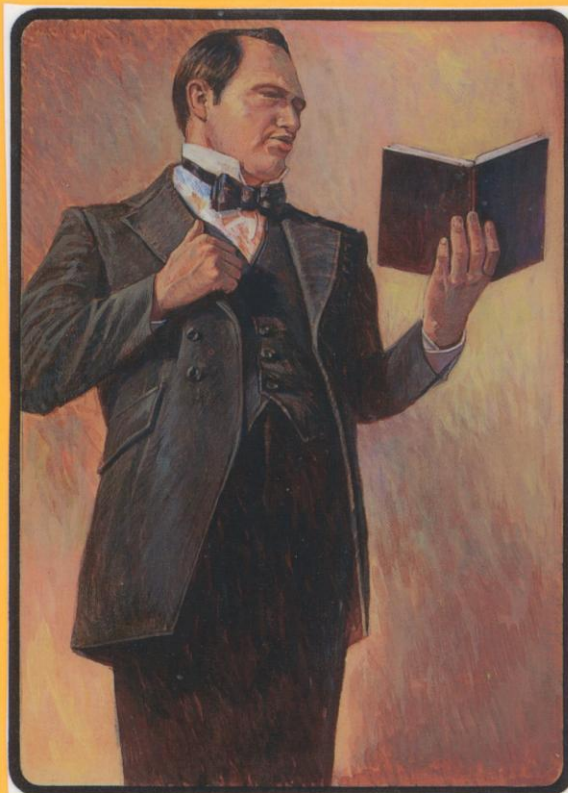
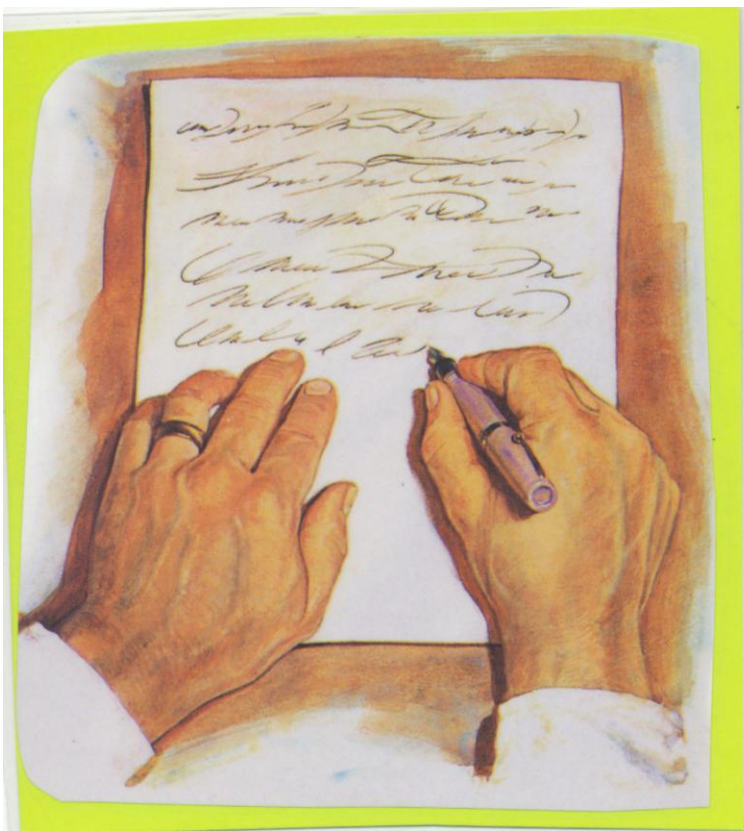
When Heber was young, his mother wanted him to learn to sing. When he was ten he joined a singing class. The teacher tried to teach Heber to sing but finally gave up and told Heber he would never learn. Years later Heber talked with a friend who taught singing. Heber mentioned that he would love to be able to sing a few hymns. The friend told him it would take time and effort, but he could do it. Heber was willing to do plenty of practicing, and he did learn to sing the church hymns.

*What goal did Heber make?

*What did Heber do that helped him to reach his goals of learning to play ball, improve his handwriting, and sing?

Discuss that we have to work hard to reach our goals, just as Heber did. The more we do something, the better we become at it. We should plan **how** we're going to reach our goal when we are making the goal in the first place.

Heber J Grant Visuals:

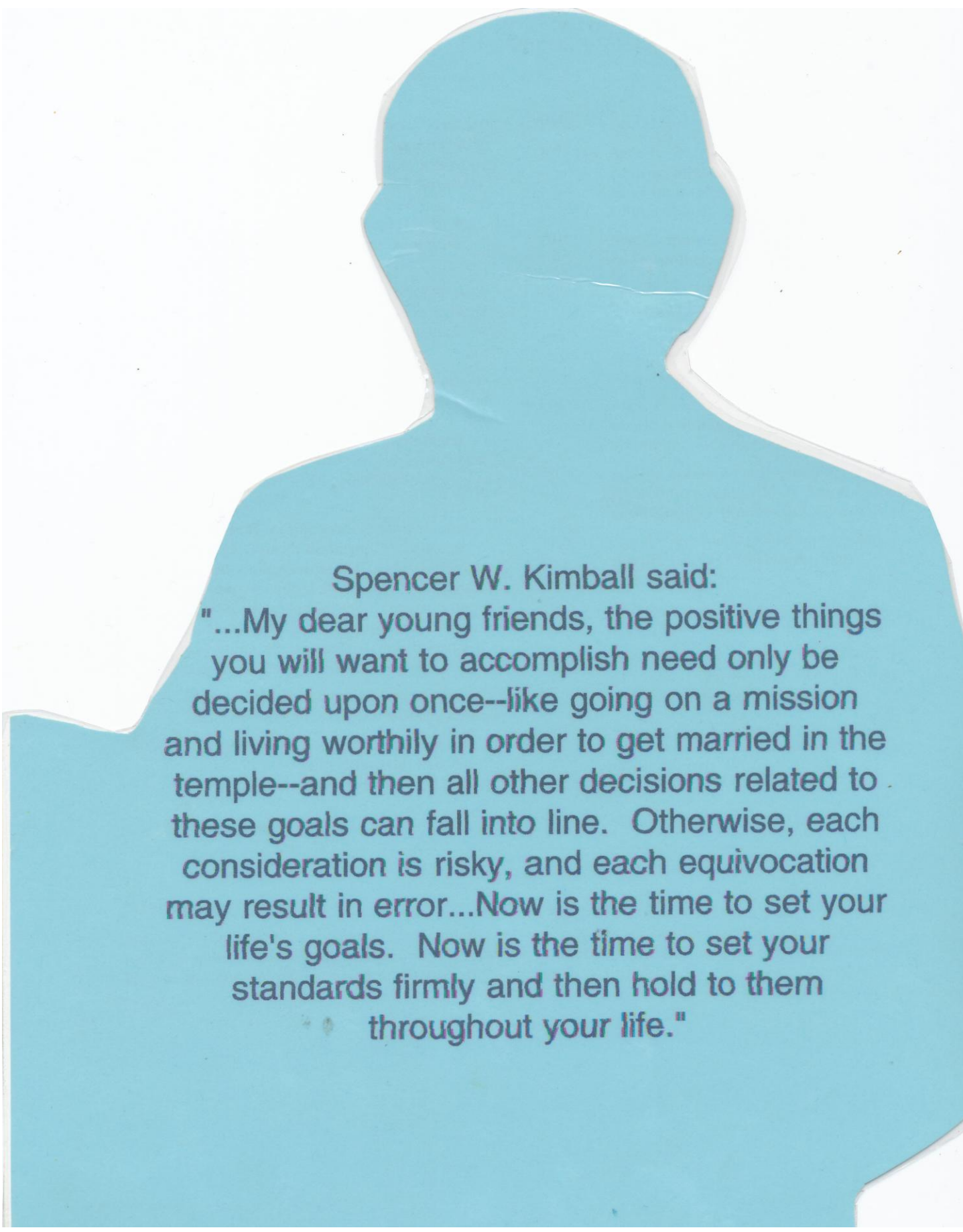


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Spencer W. Kimball Puppet and Quote: Cut and mount figure onto popsicle stick or magnet.



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Spencer W. Kimball said:
"...My dear young friends, the positive things you will want to accomplish need only be decided upon once--like going on a mission and living worthily in order to get married in the temple--and then all other decisions related to these goals can fall into line. Otherwise, each consideration is risky, and each equivocation may result in error...Now is the time to set your life's goals. Now is the time to set your standards firmly and then hold to them throughout your life."

“Chapter 6: Lehi’s Dream,” Book of Mormon Stories—a quick summary



Lehi told his family about an important vision he had had in a dream. Lehi’s dream made him happy for Nephi and Sam but sad for Laman and Lemuel.



In his dream Lehi saw a man wearing a white robe who told Lehi to follow him. Lehi followed the man into a dark and dreary wilderness.



After traveling in the darkness for many hours, Lehi prayed for help.



Then he saw a tree with white fruit. This sweet fruit made those who ate it happy.

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Lehi ate the fruit, and it filled him with joy. He wanted his family to taste the fruit because he knew it would make them happy too.



Lehi called to his wife and sons to come and taste the fruit. Sariah, Sam, and Nephi went and tasted the fruit, but Laman and Lemuel would not.



Lehi also saw a rod of iron and a strait and narrow path leading to the tree.

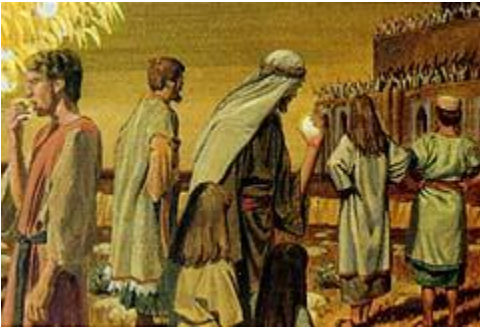


He saw many people walking on or toward the path. Because of a mist of darkness, some wandered off the path and became lost.

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Others held tightly to the iron rod and made it through the darkness to the tree. They tasted the fruit.



People in a large building on the other side of the river made fun of those who ate the fruit. Some who had eaten the fruit became ashamed and left the tree.



Lehi saw many people in his dream. Some held firmly to the iron rod and traveled through the darkness to the tree. They tasted the fruit. Others went to the large building or drowned in the river or became lost. Laman and Lemuel would not eat the fruit. Lehi worried about them and tried to help them obey God's commandments.

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I used these little visuals to illustrate some of the ways that we can hold on to the Iron Rod in our daily lives. Cut them out, place them in a bag and have your family take turns drawing them out and sharing how that is “holding on to the Iron Rod”. Place them in a line to show the “straight and narrow” way to reach our eternal goals.



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Choose a challenging, but attainable goal and write it across the top. Place a sticker for each day they work on their goal and when the goal is accomplished CELEBRATE. Take a picture of them with their completed chart and brag to grandma and grandpa. Help them to feel proud of their accomplishment!

My goal:

Monday	Tuesday	Wednesday	Thursday	Friday

YAY! I worked
hard and my
goal is
complete!