ADDSOR

★ → ★

My Goals Preparation

The Real Me

A quick 5 minute preparation before class

A goal does not require you to know the entire road. It only asks you to choose a direction and take the first step.



Your preparation

Keep it short. Spend about five minutes thinking about one goal for the next few months.

✦ **Use keywords.** Write only the words you need to remember your idea.

⊘ **No translator.** Use the English you already know. Simple language is enough.

▸ **Do not memorize.** Build your answers naturally during class.

♥ **Choose something meaningful.** Your goal may be personal, professional, practical, or connected to English.

Bring one small object

Bring an ordinary object that reminds you of the direction you want to take.

A key, notebook, shoe, coin, book, or water bottle can work. Do not prepare an explanation.

Your Goal GPS

The map will guide you through six simple questions. Use keywords only. You may change your ideas during class.



1 Destination

What do I want to improve or achieve?

My idea: _____

2 Reason

Why does this matter to me?

My reason: _____

3 First Step

What is one action I can begin soon?

My first step: _____

4 Obstacle

What could make the journey difficult?

A possible obstacle: _____

5 Support

Who, what, or which strength can help me?

My support or strength: _____

6 Arrival

How do I hope to feel when I achieve it?

I hope to feel: _____

You do not need a perfect plan. Choose one direction and one step you can control.

Useful language

Choose the sentence starters that fit your idea. They are tools, not a script.

- ★ **My goal is to…** *My goal is to improve my English.*
- → **Over the next few months, I want to…** *Over the next few months, I want to save money.*
- ♥ **This matters to me because…** *This matters to me because I want more opportunities.*
- ◆ **My first step will be…** *My first step will be practicing for ten minutes.*
- ▲ **One possible obstacle is…** *One possible obstacle is being too busy.*
- ↗ **If that happens, I will…** *If that happens, I will take one small step.*
- ● **I will use my…** *I will use my determination.*

Words you may need

Goal words	Action words	Helpful strengths
improve *mejorar*	**begin** *comenzar*	**determined** *decidido/a*
achieve *lograr*	**practice** *practicar*	**patient** *paciente*
learn *aprender*	**save** *ahorrar*	**organized** *organizado/a*
change *cambiar*	**ask for help** *pedir ayuda*	**adaptable** *que se adapta*

A natural example

> *"Over the next few months, I want to improve my English. This matters because I want better opportunities. My first step will be speaking English for ten minutes every day. If I feel embarrassed by a mistake, I will keep speaking. I will use my determination."*

Before you join the class

- ✓ I chose one possible goal.
- ✓ I wrote keywords, not a complete speech.
- ✓ I chose one first step I can control.
- ✓ I selected one strength that can help me.
- ✓ I am ready to speak naturally, even if I make mistakes.

Direction before perfection.



One clear step can begin a real journey.