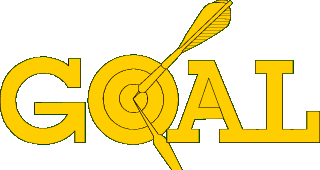
** GLS10: Daily Habits and Long-Term Goals** **

A **long-term goal** is something you want to achieve in the near future. A **habit** is a daily behaviour that you use to help you reach your goal.

For example, Ms. Gluskin’s **goal** last summer was to go on a four-day bike trip around Lake Simcoe. Her daily **habit** was to ride her bike everywhere she went. Following her habits every day helped her reach her goal because she practiced and wasn’t surprised by the distances!

***Part 1:*** *Identify which of the following is a* ***long-term Goal*** *and which is a* ***Habit****. Some may be both, but be careful – think about the relationship between a goal and a habit.*

|  |  |
| --- | --- |
| **G or H (both?)** | **Description** |
|  | 1. Ask the teacher for work you will miss if you’re at a sports activity or field trip |
|  | 1. Attend classes on a daily basis |
|  | 1. Be more energized through the day |
|  | 1. Be more organized |
|  | 1. Develop a morning routine |
|  | 1. Eat breakfast each morning |
|  | 1. Take 5 minutes before bed to pack your bag for the morning |
|  | 1. Do homework each night |
|  | 1. Get help from a friend or parent or teacher as soon as you have a problem |
|  | 1. Get 8 hours of sleep nightly |
|  | 1. Get a summer job or part-time job |
|  | 1. Graduate from high school |
|  | 1. Get into college |
|  | 1. Get into university |
|  | 1. Get to class on time each day |
|  | 1. Improve your marks |
|  | 1. Keep organized binders |
|  | 1. Put dividers between the sections/units in each binder |
|  | 1. Put all papers in the correct section of your binder as you get them |
|  | 1. Quiz yourself on what you learned during the day |
|  | 1. Record title, date and topic on each note page |
|  | 1. Take better notes |
|  | 1. Review your notes every night |
|  | 1. Take a pro-active approach to school (take initiative) |
|  | 1. Use your agenda on a daily basis |

***/5 marks [knowledge]***

***Part 2:*** *Now choose one goal from the list that* ***YOU*** *would like to achieve. Identify three habits from the chart (or your own) that would help you achieve that goal. Explain how the habits would help you achieve your goal.*

**Goal**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Habit 1:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Having this habit will help me achieve my goal because*

**Habit 2:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*If I develop this habit I will achieve my goal because*

**Habit 3:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Every day I will … \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Therefore, over time I will be able to*

***Part 3:*** *It is hard to change your habits. Choose one pair (a goal and a habit) and think about the difficulties. Keep in mind, it may be easy to start the change but hard to sustain (keep going).*

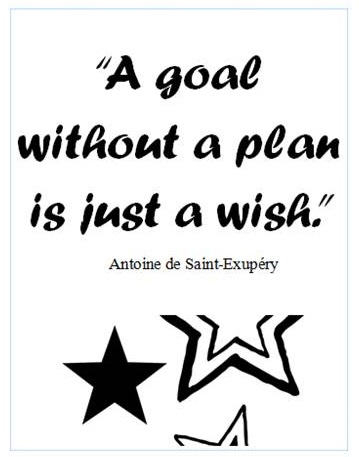
**/5 marks (thinking) for Parts 2 and 3**

1-2 = going through the motions

3-3.5 = thinking but not deeply

4-5 = reflective, thoughtful and detailed

It will be hard for me to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ because

***Part 4:***  **

1. What does the saying above mean? Explain it in your own words.

b) Give an example of how this has been true for you in the past.

1-2 = unclear communication

3 = good effort to communicate clearly

4= communicated clearly

**/4 marks Communication**

* Select and use strategies to improve your performance in school (vocabulary journal)

1-2 = unclear communication

3 = good effort to communicate clearly

4= communicated clearly and descriptively using new terms in an accurate way

**/4 marks Communication**

* Select and use strategies to improve your performance in school (vocabulary journal)