

# BACK TO SCHOOL GAME PLAN

## The Four Arenas

Physical	Exercise, Technique
Mental	Academic, Educational
Spiritual	Reflective, Creative
Social	Service, Community

## Our Goals

	What	How	Why	When
Physical				
Spiritual				
Mental				
Social				

**Example (Social):** I will meet new people (**What**) by trying out for the school jazz band (**How**) because I want to play my instrument with others, it will help with my college applications, and I would like to have more friends to play music with (**Why**). The audition is on September 12 (**When**).

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Accountability

	Goal	Who	How Often
Physical			
Spiritual			
Mental			
Social			

**Example (Physical):** I will check in with Dad (**Who**) once a week on Wednesdays (**How Often**) to ask how he is doing with running three days a week (**Goal**).

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Deadlines

	Goal	When	What Steps
Physical			
Spiritual			
Mental			
Social			

**Example (Mental):** I will reach my goal to get an A in World History (**Goal**) by December 15 (**When**). I will reach this goal by studying at least 30 minutes a day, sitting at the front of the classroom, and participating in class daily (**What Steps.**)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Revisiting

How did I do?
What Steps did I take?
What steps can I take?
What is the next Step?

**Example (Spiritual):** I have a better understanding of why I never share what goes on at school. It took a lot of daily reflection to see what was causing this and how it was affecting my parents. I am going to take every opportunity to consider sharing more. On Monday I will make a point tell Mom about how Cindy has a crush on Sam.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_