

## **Lesson Plan Personal Goals Statement**

### **Summary**

Learners reflect on their financial values and goals and then write a one-paragraph personal statement about what they hope to have and accomplish in the future.

### **Big Idea**

Setting short-term and long-term financial goals is a powerful tool that empowers one to take control of one's life by envisioning one's future, defining one's aspirations, and devising a plan to realize them.

### **Essential Questions**

What are your financial values and goals?

What do you hope to have and accomplish in the future?

### **Vocabulary to Teach**

Short-term goals: A goal that you want to accomplish in the near future.

Long-term goal: A goal that can take more than four years to achieve

Savings: Money put aside in a secure place like a savings account for future use

### **Objective(s)**

Learners write a one-paragraph personal statement describing what they hope to have and accomplish in the future.

Learners define short-term and long-term financial goals and savings

### **National Standards for Personal Financial Education 2021**

Spending II and Saving III

### **Materials & Duration**

Paper and writing tools or computer/printer. 60 minutes

### **Directions**

Start by explaining to learners that our values play a significant role in shaping our financial goals. These values determine what we consider important and, in turn, influence our goals. By reflecting on and articulating our goals, we can devise a saving and spending plan that aligns with our values. Direct learners to write a one-paragraph personal statement describing their goals and then answer the reflection question. Next, prompt them to share their statements and reflections with the group.

## Personal Values and Goals Handout

### Directions

Write a one-paragraph personal statement describing your goals for the future, including your short-term and long-term financial goals.

### Accommodations/Modifications

Read Aloud, Scribe, Adaptive Writing Tools, Speech to Text Software, Enlarged print Modified assignment three sentence paragraph Topic sentence, Major detail, and Concluding sentence.

### Example

My goals for the future include living independently in an apartment.

To live on my own, I need to find a job and save money.

I can open a savings account.

I must learn to budget my money to pay rent, utility bills, and food.

I could also ask for help budgeting money from my supporter or a family member.

I plan to live independently in my apartment.

### Fill in the blank Personal Goals Statement.

My future goals  
are \_\_\_\_\_.

To \_\_\_\_\_, I need  
to \_\_\_\_\_.

I  
can \_\_\_\_\_  
.

I must learn  
to \_\_\_\_\_.

I could  
also \_\_\_\_\_.

I plan to \_\_\_\_\_  
\_\_\_\_\_.

## **Reflection Question**

The following question is designed to help you understand the practical application of your financial goals and the role of planning in achieving them. How can developing a savings and spending plan help me achieve my short-term and long-term financial goals?

## **Financial Goals Resource Links:**

### **YouTube**

Money Instructor 3.37 minutes

How to balance short-term vs. long-term financial goals:

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

### **Bank of America**

Better Money Habits

<https://bettermoneyhabits.bankofamerica.com/en>

### **Consumer Financial Protection Bureau**

Setting SMART goals tools:

[https://files.consumerfinance.gov/f/documents/cfpb\\_your-money-your-goals\\_SMART-goals\\_tool\\_2018-11.pdf](https://files.consumerfinance.gov/f/documents/cfpb_your-money-your-goals_SMART-goals_tool_2018-11.pdf)

Putting goals into action:

[https://files.consumerfinance.gov/f/documents/cfpb\\_your-money-your-goals\\_goals-action\\_tool\\_2018-11.pdf](https://files.consumerfinance.gov/f/documents/cfpb_your-money-your-goals_goals-action_tool_2018-11.pdf)

Your Money, Your Goals

[https://files.consumerfinance.gov/f/documents/cfpb\\_your-money-your-goals\\_financial-empowerment\\_toolkit.pdf](https://files.consumerfinance.gov/f/documents/cfpb_your-money-your-goals_financial-empowerment_toolkit.pdf)

### **National Disability Institute**

STAR Goal Setting Worksheet:

<https://www.nationaldisabilityinstitute.org/wp-content/uploads/2021/04/star-goal-setting-worksheet-ndi-tool.pdf>

**Community Connections:**

**Virginia Department for Aging and  
Rehabilitative Services**

Finances:

<https://easyaccess.virginia.gov/finances>

**disAbility Law Center of Virginia**

**Coming of Age information for youth and young adults:**

<https://www.dlc.v.org/coa>

**Glossary Financial Terms:**

Consumer Financial Protection Bureau:

<https://www.consumerfinance.gov/consumer-tools/educator-tools/youth-financial-education/glossary/>