



# **Setting Goals, Decision Making, and Staying Healthy Workshop Workbook**

**Module 6 Workbook**

Use this workbook and information when you are feeling stressed, planning your future, setting goals to work towards or are not sure where to start.

# Section 1: Goal Setting

When thinking about your future, consider "What do I want to do every day?" capture your thoughts here:

## Goal Reflection

What was a goal you have set for yourself in the past?

Did you achieve it?

How do you know?

## SMART GOALS

<b>S</b>	<b>Specific</b> What do I want to accomplish?	
<b>M</b>	<b>Measurable</b> How will I know when it is accomplished?	
<b>A</b>	<b>Achievable</b> How can the goal be accomplished?	
<b>R</b>	<b>Relevant</b> Why does this seem worthwhile?	
<b>T</b>	<b>Time-bound</b> When can I accomplish this goal?	

## VISION BOARD

Draw, add images, and/or write words that represent what you envision for your ideal future.

# Section 2: Decision Making

## CAREER PLANNING

How do you feel when thinking about the future?

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When thinking about post-secondary education...

Can you attend school full-time, or will obligations require you to explore part-time or distance learning?

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Are you interested in pursuing a college, university education or training in a trade?

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What fears or concerns do you have about continuing your education?

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## Career Planning for High School Students

When thinking about the next steps after high school, take some time to explore your interests, abilities, and potential career options by thinking about these questions:

- Which school subjects have you enjoyed/excelled at and why?
- What recreational activities do you enjoy most?
- What are you passionate about?
- What lifestyle do you envision yourself having?
- What primary goals do you have for your life and career?

### Post-Secondary Education

There are many avenues and combinations of routes one can take on their career path. Things to consider when choosing your route are:

### ***Are you interested in full-time or part-time post-secondary education?***

Colleges and universities have diversified their offerings in education to include full and part-time studies, as well as in person and online options. Financial capabilities and family commitments can factor into these types of choices. There are financial supports for both, but it is important to explore all options and the supports available.

To find out what education is required for the career you are interested in, visit the Career Planning page on the Government of Canada Job Bank's website: <https://www.jobbank.gc.ca/career-planning/search-field-of-study>

For more information on post-secondary education in Canada, visit: <https://www.canada.ca/en/immigration-refugees-citizenship/services/new-immigrants/new-life-canada/education/types-school/post-secondary.html>

### ***Are you interested in working in the trades?***

There is a need in Canada for trade workers (ex. plumbers, electricians, welders, tool and die makers, carpenters, etc.) in various areas, which means significant career opportunities across the country. An education in trades offers in-class and hands-on training in addition to assisting with apprenticeship and certification requirements.

For more information on different trades, training, and financial support visit the, Government of Canada website: <https://www.canada.ca/en/employment-social-development/campaigns/skilled-trades.html>

### ***Are you having trouble deciding?***

Your educators and school guidance counsellor can help you with information and support you in considering your options. Most post-secondary schools offer career services as well.

## **Section 3: Staying Healthy**

It is important to look at the different areas of your life to see where you may need to focus to have more balance in your life. Balance in life benefits both your physical and mental health by reducing stress and ensuring you make time to take care of yourself.

Rate the following categories from 0 - 10 (0 meaning you are not feeling great about the time/effort you are putting into this area of your life and 10 being that you are in an ideal state in that area of your life and are happy with it), and then why you chose that rating.

Physical Health \_\_\_\_\_ Why? \_\_\_\_\_

Emotions \_\_\_\_\_ Why? \_\_\_\_\_

Relationships \_\_\_\_\_ Why? \_\_\_\_\_

Environment \_\_\_\_\_ Why? \_\_\_\_\_

School & Work \_\_\_\_\_ Why? \_\_\_\_\_

Spirituality \_\_\_\_\_ Why? \_\_\_\_\_

Creativity & Thinking \_\_\_\_\_ Why? \_\_\_\_\_

Reflect on where you may need to create more balance between these different aspects of your life.

**For more information on wellbeing visit:**

<https://kidshelpphone.ca/get-info/kids-help-phones-wheel-of-well-being>

## **Stress and Your Mental Health**

What is Pressure?

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What is an example of pressure in your life?

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What are examples of Good Stress in your life? (motivating, energizing, exciting)

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What are examples of Bad Stress in your life? (unpleasant, anxiety-causing, demotivating)

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3 Tips for dealing with stressful thoughts and situations:

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

## Making Time for Fun

What are things you do or want to do for fun?

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How do you or will you make time for these activities?

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## NOTES:

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## Additional Resources

### Tips for Balancing School and Work - Next Stop Canada

<https://nextstopcanada.ca/school-tips-for-new-students/>

### Mental Health and Well-Being Support for Newcomers in Canada – Government of Canada (learn about health care in Canada)

<https://www.canada.ca/en/immigration-refugees-citizenship/services/new-immigrants/new-life-canada/health-care/mental-health.html>

### Anxiety and Depression Screening Assessment - Centre for Addiction and Mental Health (CAMH)

<https://www.camh.ca/en/professionals/treating-conditions-and-disorders/anxiety-disorders/anxiety---screening-and-assessment>

### Government of Canada Job Bank Career Planning and Quizzes:

- <https://www.jobbank.gc.ca/workpreference>
- <https://www.jobbank.gc.ca/career-planning/quizzes>
- <https://www.jobbank.gc.ca/career-planning/skills-knowledge>

