

### **What do you enjoy doing? Why? (Oct 3, 2022)**

I enjoy doing musical theatre. I like how it's active and engaging at the same time. Musical theatre is dance, acting, and singing so you get three things in one and I like how that makes me engaged. I've found some of my best friends through musical theatre so that's also a plus. I enjoy not having to focus on one specific thing because I like doing all three! Musical theatre has been something I've enjoyed doing since I was around six years old and I still do it now.

### **Values Write: Freedom - Nature - Equality (Oct 5, 2022)**

To me Freedom means that you can be yourself and express yourself however you'd like as long as it didn't hurt others. Freedom is important to me because I value my freedom especially because my ancestors didn't always get it. To me freedom looks like not being judged for being who you are, it looks like others respecting your beliefs, it looks like using your freedom to help others when theirs is taken away. I prioritize freedom in my life by fighting for it, for myself and others.

### **-Week 1- Goal Reflection (Oct 11, 2022)**

#### **What did you learn (or were reminded of) about yourself as a learner?**

- I learned that I take better notes when I can customize them and make them look nicer. I did this by changing the font of my notes and it made it a lot easier to focus.

#### **What is a skill / activity / habit that you want to improve on in your future?**

- I'd like to improve my video camera angles and just videography in general (better angles, more thought out scene, better story). I'd also like to improve on telling a story instead of just putting a bunch of facts in a video.

#### **What did you learn about movie making?**

- I learned that getting the right angle is very difficult without someone to help you. To make my video I had to use my music stand so that I could get the right angles.

## How did you use your movie making skills to complete your first video?

- I used my previous editing skills to make the end product really nice and put together. I also used my knowledge of photo angles and applied that to my video.

## Think It & Ink IT - My Dreams: Now vs Then (Oct 12, 2022)

When I was younger I used to want to be a vet or a little bit later on an actor. I loved animals hence the vet option but I also really liked acting hence the actor option. Then as I got older I started really liking the idea of being a therapist because I like helping people and I wanted to learn more about psychology but then I realized that if I was a therapist I'd try to solve my clients problems instead of helping them solve it themselves so, that was out of the running. I spent a couple years trying to explain an sort of engineering job that I'd want, it wasn't building, it wasn't creating realistic plans but I really liked the ideas of coming up with ideas so sort of like an inventor but now I've kind of fallen away from that idea. I'm pretty set on the idea of being a speech therapist now because I've been working on learning about the way your voice works with my vocal coach and I think it's really interesting. I think that my dreams have definitely drastically changed from when I was younger and I think they'll still change now but it won't be a major change. These dreams will change my future because they'll shape my values and how I live my life and who I make friends with.

## Short and Long Term Goals (Oct 12, 2022)

- **Short Term: goal I want to accomplish this week and month**
  - **Long Term: goal I want to accomplish in the next year and 5 years**
1. I want to fully remember one ballet sequence this week
  2. I will plan/make my Halloween costume by oct 22nd when it's done I get to have fun with friends
  3. I want to join a school club and attend that club regularly
  4. I want to get a job in the next 2 years (grade 10)
  5. I want to decide on a university/college to attend in the next 5 years

## SMART(ER) Goals (Oct 12, 2022)

Specific

Measurable

Actionable

Reachable

Timed

(Evaluate)

(Reward)

### “SMART(ER)” Video Notes:

- People without goals aren't as successful as they want to be.
- Fear hold us back when trying to complete goals. People create goals without action steps which then leads to those goals failing
- SMARTER. System - the more specific you are the more you'll achieve “I will weight 200 pounds”
- Measurable - The goal needs to be trackable - being the goal with a verb (action word: jump, run, swim) “I will read 200 books”
- Relevant - is it relevant to your current situation (are you a father of 3? No? Then its not for you)
- Every goal needs a timeline - when you will complete it you need to have urgency to complete it.
- Evaluate - you need to go back and look at what your goals are so you remember them
- Reward - every goal needs a reward “pay off debt by dec 25th then spend \$100”

## Goal Getters In Action - My Goals! (Oct 12, 2022)

About a year ago when I was 13ish I wanted to make a Halloween costume of my favourite character: Wanda from Marvel. I really wanted a cool costume but they were all really expensive so that's why I decided to make my own. I went thrift store to thrift store until I found the perfect thing. When I was searching I couldn't find anything and I was really

starting to lose hope that I wouldn't end up finding anything but then I went to a thrift store in Vancouver (that sadly burnt down) and they had the most perfect red velvety materials so I bought them, made my headpiece out of cardboard then put it all together! When I completed it I felt really proud cause it looked pretty decent so I was really happy especially because I did it all by myself.

### **What I really want - Top Fives (Oct 17, 2022)**

- I really want to be more flexible - I will get my middle, right, and left splits by stretching them 5 times a week.
- I really want to be able to read sheet music - anytime I start a new song in singing lessons I will look through the sheet music and try to understand it.
- I really want to stay on top of my schoolwork - anytime I get a new assignment I'll add it to my things and work on it when I get home.
- I really want to keep my room clean - each weekend I'll clean my room and throughout the week I'll put my laundry in a basket so I don't have to do as much on the weekend
- I really want to help people in other oppressed countries - I will listen and amplify their voices. .

### **Think It & Ink It - The Character You Want To Be In Life (Oct 18, 2022)**

A character that I would want to be in life is Daisy Johnson (Quake) she's a super hero that has flaws and has gone through a lot but she's grown from everything that's happened to her. She's very physically strong and has an amazing support system for when she's struggling. She's the kind of leader I strive to be - she knows when to step back and she raises others up but when conversation or ideas die down she steps up to help. She adapts to her environment and she has a very strong survival instinct. I'm not sure what she eats but I can imagine it's usually a decent amount of healthy foods but sometimes her environment makes it difficult to eat healthily.

### **Goal Ladder (Oct 18, 2022)**

- Goal: I want to get all of my splits (right, left, middle) by the end of the year.

## Mind map



1. Create a tracker with all the information by oct 21
2. Pick which days I want to stretch and write them in the tracker by oct 23
3. Research good dynamic stretches for the splits by oct 26
4. Research good stationary/deep stretches for the splits by oct 29
5. Research how long the best length of time to hold the splits for the maximum stretch by oct 32
6. Write numbers 3-5 in tracker by oct 33
7. Follow the tracker each day till Jan 1
8. Re-assess how far along I am then write it down and continue by Jan 2

### 4 Min Write - if you could have any profession what would it be and why? (Oct 19 2022)

If I could have any profession I would chose to be an actor. I know it's kind of an obvious choice but you'd be surrounded by people who love the same thing as you so you'd probably make a lot of friends and it's also my passion so of course

I'd like to do it all my life. I also love how there's so many different types of acting, there's stage, camera, improv, and so many others that you'd never get bored cause you could switch lots not to mention there's tons of different styles to do. When you act you also get to forget about your problems outside of the character which I really like the idea of. A nice escape from reality.

## **Strategy 2 - Write A Confidence Boosting Letter To Yourself (Oct 28 2022)**

Hello me from the future! If your going to get your goal then you gotta be positive and kind to yourself. Here are a few things to remind yourself how awesome you are! Your friends say your an amazing singer, you persevere, your a good friend, you hand in work on time, you help others, you work hard, you listen, you give good advice, and you take care of yourself. All of those things make you AWESOME so you gotta get those splits so that you can prove every one of those things right!

- You From The Past

## **Strategy 10 - A Quote That Inspires my Goal (Oct 28 2022)**

"Flexibility is the key to stability." - John Wooden