**Personal Project Goal Definition**

Your goal definition is essentially the introduction to your presentation and is assessed as its own separate criteria (Criterion B). It should serve to identify and clearly establish the goal of your project and provide a thorough description of how you aim to achieve this goal. The rest of your presentation will be an explanation of how and in what ways you went about achieving your goal.

***\*\*\*REMEMBER\*\*\****

A Goal Statement is not only WHAT you are doing, but WHY. So, once you have established the WHAT – the actual final product – you must now explain WHY you chose this project and in what ways it appeals to you!

Your goal statement can be organized many ways, but the most efficient, effective, and easy way is simply to follow the layout of your goal statement questions:

* For today, focus on WHAT is your topic, WHY you chose your topic, and THE ULIMATE GOAL of your topic (a.k.a. your final product). Next week you will use the following guidelines to create your finalized goal statement *after* doing a little bit of research.

**Goal Statement Questions to be answered in a well-developed response:**

1. What are you attempting to learn or gain from your Personal Project?
2. How will this project prove to be a challenge for you?
	1. Why does this challenge appeal to you?
3. How do you anticipate you will change as a result from doing the project you have chosen?
4. What is your Area of Interaction?
	1. Why did you choose this Area of Interaction?
	2. How does this AoI provide a focus your project?
	3. What other Areas of Interaction did you consider? How would your project have been different had you chosen a different AoI?
5. How do you plan on achieving your goal?
	1. What help will you need? (mentor, teachers/guides, helpers)
	2. What resources will you require?
	3. What research must be done/did you do?
	4. What skills must you learn?
	5. How will you complete your project (outline the steps you will take—your plan of action)?
* By 2 weeks from now, you will create a FINALIZED, ORGANIZED, SPECIFIED Goal Statement, answering the questions above in detail
* See the example below of what your goal statement should and will look like in 2 weeks

***Goal Statement Example:***

For my Personal Project, I will learn how to do a headstand. This project will be challenging to me because I have never done a headstand—or any kind of upside-down pose—before. This challenge is right up my alley because I really love to do yoga and I want to deepen my practice and my understanding of strength training, balance, and anatomy. By the end of my project, not only will I be able to do a headstand, I will be stronger and have better balance because of it, and I will be less stressed out from practicing so much concentration.

My Area of Interaction for this project is Health and Social Education. I chose this AoI because practicing yoga is part of a healthy lifestyle, and in doing this project I will need to learn about anatomy and physiology, as well as other health-related issues like diet, sleep, and stress. Doing a headstand (and practicing yoga in general) will help me to be healthy both physically and psychologically, since yoga is known to relieve stress and create a calm mind, and it has a number of physical health benefits. Because yoga is an individual exercise, it will help cultivate in me a sense of responsibility for my own well-being.

By planning my project through Health & Social Education, I will be able to focus on the physical changes, like becoming stronger and more flexible and improving my balance. I will also focus on the psychological changes, like better sleep and less stress. I could have focused on Community & Service because if I were doing the volunteer work that goes along with practicing yoga (they call it “karma yoga” or “seva”), but I would rather focus on the changes in me rather than the service aspect.

To achieve my goal, I will need to develop a regular yoga practice. I will enlist the help of a certified yoga teacher to make sure I am doing the moves correctly and so I can avoid injury. I will also need the help of my mentor—my mom; she will make sure I am practicing regularly and not wimping out. She will also help me to keep my project resources organized, and she will help me find information on the internet and at the library (plus, I will need her to drive me to the library!). For research, I will need to learn, first and foremost, how to do a headstand. For that, I will have to find out where I can take a yoga class in my area. I will also need to learn what areas of my body I will need to strengthen or improve flexibility in order to do a headstand, and some types of strength-training programs or yoga routines I can do in order to gain strength and flexibility in those areas. I will also need to work on my balance and find out the appropriate diet as well as eating schedule—that is, when is the best time of day to do yoga and how soon should I eat before/after? My research will also include finding out the health benefits of doing a headstand, as well as the reasons why someone should NOT do a headstand. I will observe how my sleep patterns change and I will keep track of how stressed out I am and how doing yoga helps with that.

For my plan of action, I will do yoga five times a week and take at least one class a week from a certified teacher. I will work on increasing my upper body strength and my flexibility in my shoulders and hamstrings. I will adjust my diet and sleep schedule to give me the best chances to achieve my goal: I will eat 5 small vegetarian meals a day and sleep at least 8 hours every night; I will get up no later than 6am every morning so I have time to train before getting ready for school. When it is time to present, I will perform a headstand for the panel and teach them the health benefits and a basic how-to; I will also discuss my research and training regimen.