

# Lesson Plan: Goal Setting, Leadership, and Growth Mindset

☀️ From Dreams to Goals: Inspire Tomorrow's Leaders Today! ☀️

Big dreams? Bright futures? Your students have both—it's just a matter of giving them the tools to get there.

This lesson plan helps them explore what it means to set meaningful goals, step into leadership roles (yes, even the quiet ones!), and build a growth mindset that sees challenges as stepping stones instead of roadblocks.

Through discussion, reflection, and a Goosechase scavenger hunt packed with interactive missions, your students will discover that success isn't about being perfect—it's about putting in effort, learning from setbacks, and cheering each other on along the way.

**Grade Level:** 8–12

**Subject:** Health & Wellness, Leadership, Personal Development

## Learning Objectives

- By the end of this lesson, students will be able to:
  - Define goal setting, leadership, and growth mindset
  - Develop a personal goal and outline achievable steps toward it.
  - Identify fixed vs. growth mindset statements and reframe negative thoughts into growth-oriented ones.
  - Collaborate with peers to apply leadership and mindset concepts in real-world-style challenges.

## Materials Needed

- Whiteboard or chart paper & markers
- Sticky notes
- Handouts on SMART goals (optional)
- Mobile devices (tablets, phones, or laptops) with the Goosechase app installed

## Preparation

- Create an Experience on the Goosechase app with a series of Missions focused on goal setting, a growth mindset and leadership.
- Develop Missions that require students to demonstrate their understanding of what they have learned. Example Missions:
  - SMART Start – Write down one SMART goal you want to achieve this school year and upload a photo of it.

- Lead the Way – Record a short video demonstrating leadership (e.g., encouraging teammates, organizing a quick task, or helping a peer).
- Mindset Shift – Take a common fixed mindset statement (e.g., “I’m just not good at math”) and reframe it into a growth mindset version. Submit your rephrased statement.
- Role Model Radar – Find a person in your school (teacher, coach, peer) who you consider a leader. Take a selfie with them (with permission) and explain why you chose them.
- Vision Board Snapshot – Create a quick sketch or collage of your future goals. Snap a photo to share it.
- Challenge Accepted – Share a short video or text response about a challenge you faced in the past and how you grew from it.
- Motivation Boost – Record a 15-second pep talk you’d give yourself (or others) when facing something difficult.
- Adapt the difficulty of the Missions based on the proficiency levels of your students to keep the activity inclusive and engaging for everyone.
- Prepare hints or resources that might help students solve the Missions if needed.
- Run your Experience during one class period or longer
- Divide students into teams and assign each team a mobile device with the app, or have students complete the scavenger hunt individually.
- App Set-Up
  - Dedicate time to ensuring all students have the Goosechase app downloaded and joined to the Experience to avoid any tech issues.

### **Lesson Outline for Goal Setting & Growth Mindset (Grades 8-12)**

- Introduction
  - Ask students: “*What’s the difference between a dream and a goal?*”
  - Facilitate a short brainstorm about leadership: “What qualities make someone a leader?”
  - Discuss fixed vs. growth mindset—present quick examples and have students identify which mindset each shows.
- Direct Instruction
  - Brief overview of SMART goals.
  - Discussion on leadership styles (leading by example, communication, collaboration).
  - Explain growth mindset and its role in resilience and long-term success.
- Class Activity
  - Students write one short-term and one long-term goal using the SMART framework.
  - Small groups: Students share their goals and discuss possible challenges, brainstorming strategies with a growth mindset.
- Goosechase Scavenger Hunt
  - Read through Missions with students, emphasizing the importance of evidence and analysis in their responses.
  - Monitor progress and provide assistance as necessary.

- If working in teams, encourage them to strategize and collaborate to solve the Missions.
- Sit back and enjoy watching your students collaborate and demonstrate their learning.
- Debrief and Reflection
  - Review the activity, discussing which missions were the most challenging or fun.
  - Discuss how teams collaborated and solved problems together.
  - Question Prompt: “What did you learn about yourself today?”
  - Optionally, award prizes to the team(s) with the highest score

### **Activities Activities for Goal Setting and Leadership**

1. Journal Reflection:
  - a. Students write about a personal goal, steps to achieve it, and how to maintain a growth mindset along the way.
  - b. Identify one fixed mindset thought you’ve had recently and rewrite it with a growth mindset approach.
2. Class Growth Wall
  - a. Students contribute quotes, tips, and encouragement for maintaining a growth mindset.
3. Leadership Challenge
  - a. Students work in teams to plan and present a mini “leadership challenge” activity for the class.

### **Assessment**

- Participation in discussions and quality and accuracy of Goosechase mission submissions.
- Quality of SMART goals written by students.
- Journal reflections (clarity, application of growth mindset concepts).
- Peer feedback during group activities.
- Observation of leadership and collaboration skills.
- Assessment of any of the Post-Experience Activities

### **Post Experience Templates to Try**

- [Level Up: Goals, Leadership & Growth Mindset](#)

### **Keep Students Aiming Higher**

Want more ways to inspire leadership, resilience, and personal growth in your classroom? Check out our other ready-to-use lesson plans and Goosechase Experiences for engaging, interactive learning.

- [Disney Leadership Day](#)
- [Youth Leadership Lesson Plan](#)

### **More Where That Came From:**

This is just one of many ready-to-run Goosechase lesson plans we’ve created. Explore them all and keep your students learning, laughing, and engaged year-round.

<https://blog.goosechase.com/tag/lesson-plans/>