

MT3.2_1 Goal Setting Mad Libs: Instructions and Templates

Get ready to laugh your way to a stronger vision! This Mad Libs activity will unleash your creativity and solidify your understanding of the SMART goal framework, all while injecting some fun into your personal development journey.

Here's what you'll need:

- A pen or your typing fingers
- A healthy dose of imagination
- This handy list of Mad Libs prompts!

Instructions:

1. Choose one of the Mad Libs templates below.
2. Read each blank and think of a word that fits the category listed. Be silly, be serious, be YOU!
3. Fill in the blanks with your chosen words. Don't worry about being perfect, just have fun!
4. Once you've filled in all the blanks, read your personalized SMART goal aloud to the group. Be prepared for some laughs and applause!

Templates:

1. I will (verb) a (adjective) (noun) by (date/time).
2. To achieve this goal, I will break it down into (number) specific, (adjective) steps.
3. I will measure my progress by (verb) (achievement/milestone).
4. My biggest (adjective) hurdle will be (noun), but I will overcome it by (verb).
5. I will stay motivated by (noun) and (verb).
6. My reward for achieving this goal will be (noun/adjective) (experience/event).
7. To get started, I will take the first step of (verb) right now!
8. My ultimate motivation is to (verb) because (reason).
9. This goal will make me feel (adjective) and (adjective) because (reason).
10. I am (adjective) and confident that I can achieve this goal!

Attachment to MT3.2_1
Task 2.2



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11. I will conquer my fear of (noun) by (verb) (number) times a week, starting on (date).
12. I will channel my inner (celebrity/fictional character) to achieve (adjective) levels of (skill) by (date).
13. I will transform my (adjective) workspace into a (adjective) haven of productivity by (date).
14. I will silence my inner (noun) and unleash my (noun) to (verb) like a pro by (date).
15. I will launch my (adjective) idea into the stratosphere by (date), even if it means (verb) a few (noun) along the way.
16. I will master the art of (verb) like a (noun) and achieve a state of (adjective) bliss by (date).
17. I will defy the laws of (noun) and achieve the impossible by (verb) my way to (goal) by (date).
18. I will dance my way to (goal) with the grace of a (animal) and the determination of a (animal) by (date).
19. I will silence the naysayers and unleash my inner (superhero) to achieve (goal) with (adjective) style by (date).
20. I will boldly go where no (noun) has gone before and (verb) my way to (goal) by (date), making history along the way.

Bonus Tip: Don't be afraid to customize the templates! Add additional blanks or change the categories to fit your specific goals.

Now go forth and create your own SMART-tastic Mad Libs masterpiece! Let the laughter and the goal-setting magic begin!