

# Get Excited



**This activity encourages students to reflect on the things they are excited about in the future. Participants can boost motivation, productivity, and happiness by looking ahead and identifying upcoming events or goals. It's a great way to focus on positivity and create balance in life.**



## Learning Intentions

### **Promote Positivity and Future Thinking:**

Students will focus on upcoming events and goals, developing a forward-looking mindset that promotes excitement, motivation, and positivity in their daily lives.

### **Encourage Reflection on Personal Goals:**

Students will reflect on short-term and long-term goals, enhancing their ability to set meaningful objectives and understand how these plans can impact their motivation and well-being.

### **Cultivate Balance and Mindfulness:**

Students will recognise how looking forward to future events creates balance in their lives, helping them stay grounded, motivated, and focused on positive outcomes.



## Success Criteria

### **Completion of Future Excitement List:**

Students successfully create a list of upcoming events, milestones, or goals they are excited about, demonstrating an understanding of how these moments contribute to their future happiness and motivation.

### **Thoughtful Reflection on Future Plans:**

Students reflect on how these future events make them feel and how looking forward to them can positively impact their motivation, productivity, and overall happiness.

### **Engagement in Positive Reflection:**

Students actively engage with the activity, showing enthusiasm for their future plans and demonstrating an understanding of how focusing on positive future events helps create balance and excitement in their present lives.



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## Objective:

This activity encourages students to reflect on the things they are excited about in the future. Participants can boost motivation, productivity, and happiness by looking ahead and identifying upcoming events or goals. It's a great way to focus on positivity and create balance in life.

## Materials:

- Paper or notebooks
- Pens or pencils

## Setup:

- Ensure each student has a space to write and reflect on their upcoming life events and goals.

## Step 1: Get Ready to Look Forward

### 1. Make Your List:

- Start by making a list of everything you're looking forward to. Think about the following time frames to organise your thoughts:
  - **This weekend:** What plans or events are you excited about?
  - **Next week:** Is there something you're looking forward to at school or with friends?
  - **Next month:** What's coming up that you can't wait for, such as a holiday or special occasion?
  - **Next set of holidays:** What plans or trips are you excited to take during the holidays?
  - **Next school term:** Are there any new subjects, projects, or sports you're eager to start?
  - **Next year:** What goals or milestones do you hope to achieve within the year?
  - **Future self:** Think long-term! What are you looking forward to in the future? Consider career goals, family goals, personal achievements, travel plans, future purchases, or exciting memories you want to create.

### 2. Use the Template:

- Write down your responses structured, listing the events and experiences that excite you for each time frame.



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## Step 2: Reflect on Your List

### 1. Feel the Excitement:

- Take a moment to reflect on each item on your list. How does it feel to think about these upcoming events? How do these goals motivate you?
- Think about how looking forward to these things positively impacts your motivation, productivity, and overall happiness.

### Final Reflection:

Remember that having things to look forward to helps create balance in life. It gives us something to aim for and be excited about, which can drive us to be more productive and stay positive. Focusing on the good things ahead makes you feel more grounded and motivated in the present.

### Note:

Please encourage students to revisit their lists periodically and add new things they're excited about. This helps maintain a forward-looking mindset and keeps them motivated for the future.



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## Make Your List:

Start by making a list of everything you're looking forward to. Think about the following time frames to organise your thoughts:

**This weekend:** What plans or events are you excited about?

A large, empty grey rectangular box intended for the user to write their plans for the weekend.

**Next week:** Is there something you're looking forward to at school or with friends?

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**Next month:** What's coming up that you can't wait for, such as a holiday or special occasion?

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**Next set of holidays:** What plans or trips are you excited to take during the holidays?

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**Next school term:** Are there any new subjects, projects, or sports you're eager to start?

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**Next year:** What goals or milestones do you hope to achieve within the year?

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**Future self:** Think long-term! What are you looking forward to in the future? Consider career goals, family goals, personal achievements, travel plans, future purchases, or exciting memories you want to create.

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## Feel the Excitement:

- Take a moment to reflect on each item on your list. How does it feel to think about these upcoming events? How do these goals motivate you?
- Think about how looking forward to these things positively impacts your motivation, productivity, and overall happiness.

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