

## Reach for the Stars!

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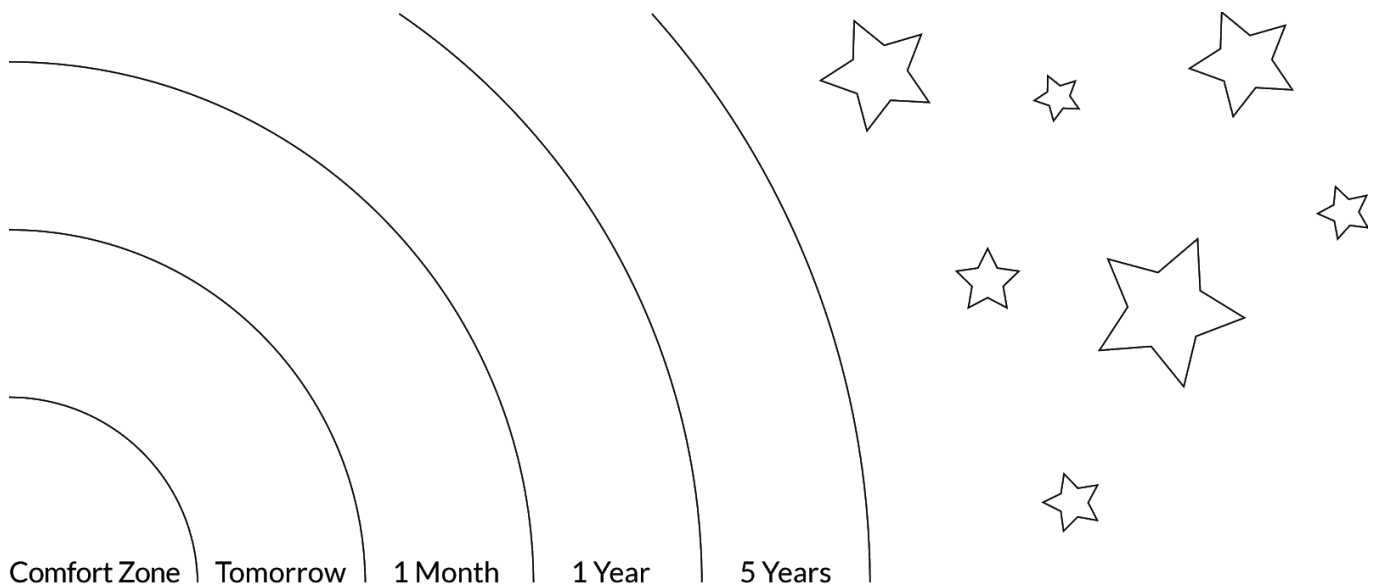
### DIRECTIONS

Have you ever wished upon a star?

*Starlight, star bright,  
First star I see tonight ...*

Sometimes you might wish for things to happen, but you can help make them happen by taking steps forward towards your goals. Sometimes that means you have to challenge yourself to get out of your comfort zone.

Part 1: In the rings below, commit to steps forward that you want to take tomorrow, in a month, in a year, and in five years! What do you want to try? What do you want to accomplish? Where do you want to be? Sky's the limit!



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Part 2: Now, use painters tape or sidewalk chalk to make these rings on the ground outside (you can make the whole bullseye). Stand in the center, and as you take a step out of your comfort zone and into the first ring, ask yourself, "*What do I need to do to reach this step?*" Say your answer out loud. Then take your second step, and repeat. You may want to invite a friend or family member to join you in this activity to reflect upon their goals too.