

TITLE: Another Check Mark on the List

BOOK: Chicken Soup for the Soul

PAGE: 191

TIME TO READ: 8 minutes

TOPICS: **Following Your Dream**  
Making choices

AGE LEVEL: Grades 3 and up

SYNOPSIS: This powerful list of 127 goals was created by John Goddard at age 15. Checkmarks indicate the 108 goals he has already accomplished.

#### NOTES TO TEACHER:

We suggest that you go over *parts* of the list at a time, and/or post the entire list and/or put the list on an overhead for students to view.

John Goddard has his goals in a list format. While there is nothing wrong with writing goals in this manner, it may be a good time to introduce the concept of **SMART** goals (see appendix page 359-Elem, 361-MS, 353-HS). Most people need some time-lines in order to stay on their goal path.

*Chicken Soup for the Soul*  
Another Check Mark on the List

HIGH SCHOOL:

PRE-QUESTIONS:

Make a list of things you want to accomplish before you die.

What is the difference between a dream and a goal? (*a dream is a desire for something, whereas a goal is specific, measurable, and has a deadline*)

**Read Story**

POST- QUESTIONS:

Describe the kind of person that you think John Goddard was.

Some say that he *had* to be wealthy in order to accomplish all of these goals.

- Do you agree?

Are there ways he could have accomplished this without being rich? Discuss them (*work on a freight ship to cross an ocean, backpack and camp out through various countries, borrow books and music rather than to buy them, etc.*).

NOTE TO TEACHER:

John was *not* wealthy. He simply found creative ways to accomplish his goals.

Do you think that John Goddard was a *healthy* man, in good physical condition?

Which of his goals support your belief (*mountain climbing and other very physical accomplishments. See goals #24-36, 78 , 82 ,99-103*)

Do you think that the length of time a person holds a dream is in any way related to the outcome?

- Why, or why not?

What do you think is the *main* factor in a person accomplishing a dream or goal?

Discuss in **circle talks** (appendix page 311-HS edition), then as an entire class.

STUDENT ACTIVITIES:

Make a list of at least 50 goals that you have accomplished in life, and another 50 that you still wish to complete before you die.

Has your list changed since reading or hearing this story?

Spend at least two to three weeks on the initial list, adding to it throughout the school year.

Share your top one or two goals, or your most unusual goal with the class, or turn in the entire list to the teacher.

NOTE TO TEACHERS:

Do *not judge* the content of the list. Merely give credit for completing the assignment. *Encourage* students to follow their hearts with this list.

Write more detailed goals in **SMART** format (appendix page 353-HS edition).

Ask all of the teachers in your building to share one of their childhood dreams.

Have a contest to see if students can match their teachers with their teachers' dreams and goals.

Interview teachers to see how many are living, or have accomplished, a childhood dream.