

Kids

2 Week
Goal Setting
Journal

SET & ACHIEVE GOALS WHILST

BIRDY NESTING

(self-isolating)



DISCOVER WHAT CAN YOU ACHIEVE IN JUST 2 WEEKS!

Created by Birdy Journals

CONTENTS

Page 2..... This Page (you are here)

Page 3..... A Message from Birdy

Page 5..... Birdy Nesting Goal Ideas

Page 6..... How To Break Down 'Birdy Nesting Goals'

Page 7..... Ideas Doodle Page

Page 9..... Choose Your Birdy Nesting Goal

Page 11..... Wk 1: Birdy-Steps - Plan for the week ahead

Page 12-14..... Wk 1: Daily Goal Setting Journal Pages

Page 21..... Wk 1: How Did I Do This Week?

Page 23..... Wk 2: Birdy-Steps - Plan for the week ahead

Page 24-31..... Wk 2: Daily Goal Setting Journal Pages

Page 32..... Wk 2: How Did I Do This Week?

Page 34-35..... Birdy Nesting Goal 2 Week Review

Page 36..... What to do if you don't have a printer or ink

Page 37..... Keep Us Updated!



Birdy Nesting Goals

Before you read further, I just wanted to say this is NOT an academic/school curriculum Goal Setting Journal. It's not about working on those old goals you've been working on for weeks, months or years either.

This is all about learning something completely NEW.

A goal that's fun and makes you so excited that you wake up every day wanting to work on your Birdy Nesting Goal until you have achieved it.

On the next page I have given you some ideas for Birdy Nesting Goals, whatever your age.

Our complete My Birdy Journal is a 6 week goal setting journal, but right now this Birdy Nesting Goal Setting Journal is all about focusing on a goal 2 weeks at a time. You'll be amazed at the things you can achieve in just 2 weeks when you take small-birdy steps each and every day.

Have fun working on your Birdy Nesting Goal and be sure to let me know how you get on!



Ideas For Big Birdy Nesting Goals



IDEAS FOR YOUR BIRDY NESTING GOAL

Here's a list of Birdy Nesting Goal ideas. You could either choose one of these goals OR come up with your own.

-  Learn a favourite song off by heart
-  Learn how to draw a face using shading techniques
-  Be able to do a plank for 10 minutes
-  Learn how to make animated flipbooks
-  Learn how to take perfect photos using a phone
-  Create a dance routine
-  Learn how to do a football trick
-  Learn how to touch-type
-  Learn how to tie my shoelaces



Check out the next page for an example of how you can break your goal down into small birdy-steps

WEEKLY SMALL BIRDY-STEPS

Let me help you to break down one of the Birdy Nesting goal ideas.

 **GOAL: TO TIE MY SHOELACES**


 **ACHIEVE GOAL IN: 2 WEEKS**

Choosing a Birdy Nesting Goal of learning to tie your shoelaces is a really cool goal. Nobody likes to fall and trip over their shoelaces, right?

 Let me give you some ideas of how you can break this down.

SMALL BIRDY-STEPS - WEEK ONE: At the beginning of your week you decide that you are going to spend 10 minutes each day watching videos (maybe on YouTube with a Grown-Up) or watching others in your home tie their shoelaces so you can see how it is done.



 Each day put a tick in your Birdy Nesting Goal Journal so you can keep track of how many days you have spent working on your Birdy Nesting Goal. Give yourself an effort score too.

SMALL BIRDY-STEPS - WEEK TWO: By watching videos, or others tie their shoelaces in week one, in week two it's time to practice what you learnt by spending 10mins each day practicing to tie your OWN shoelaces.

 **TOTAL TIME SPENT ON BIG BIRDY GOAL**

10 minutes per day x 14 days (2 weeks) = 140 minutes

That's ONLY 2hrs 20mins in total to learn to tie your Shoelaces!

AWESOME!



My Goal Ideas



Choose Your Birdy Nesting Goal



My Birdy Nesting Goal

Starting Date:

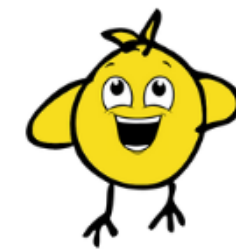
Write the date you will start your goal

My Birdy Nesting Goal is: _____

I would like to achieve this goal in _____ weeks.



What date will that be? Check it out and write it here.

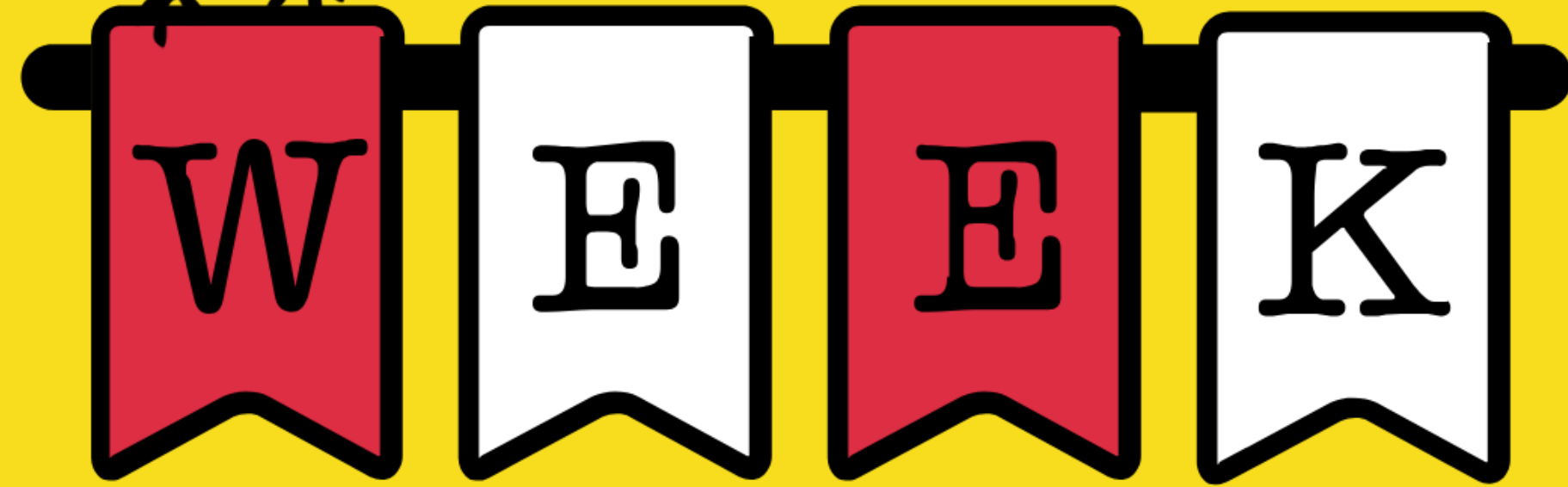


I'm excited about this Birdy Nesting Goal because...

If I need help with my Birdy Nesting Goal, these are the people I will ask...



Achieving this goal will allow me to...



Daily Birdy-Steps



Week

Each day I will work on my Birdy Nesting Goal and these are the things I will do each day this week to help me achieve my goal.

Mon: _____

Tue: _____


Wed: _____

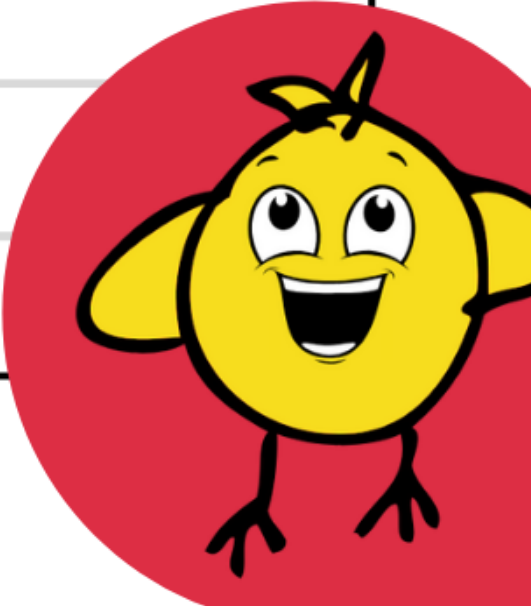
Thu: _____

Fri: _____

Sat: _____

Sun: _____

 These small birdy-steps will help me to...





Date Today:

Did you work on your goal today?

YES I DID

NO I DIDN'T

Today I worked on my goal for _____



Write how many hours/minutes here

These are the small-birdy steps I worked on today...

This is what I learnt today...

This is how much effort I gave to my Birdy Nesting Goal today:



1



2



3



4



5

On a scale of 1 to 5: 1 = Teeny-Tiny Effort 5 = My BEST Effort



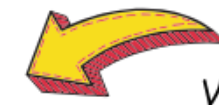
Date Today:

Did you work on your goal today?

YES I DID

NO I DIDN'T

Today I worked on my goal for _____



Write how many hours/minutes here

These are the small-birdy steps I worked on today...

This is what I learnt today...

This is how much effort I gave to my Birdy Nesting Goal today:



1



2



3



4



5

On a scale of 1 to 5: 1 = Teeny-Tiny Effort 5 = My BEST Effort



Date Today:

Did you work on your goal today?

YES I DID

NO I DIDN'T

Today I worked on my goal for _____

Write how many hours/minutes here

These are the small-birdy steps I worked on today...

This is what I learnt today...

This is how much effort I gave to my Birdy Nesting Goal today:



1



2



3

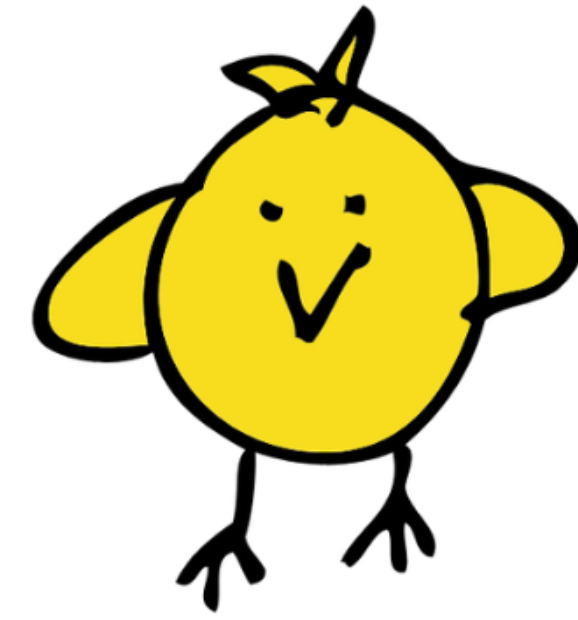


4



5

On a scale of 1 to 5: 1 = Teeny-Tiny Effort 5 = My BEST Effort





Date Today:

Did you work on your goal today?

YES I DID

NO I DIDN'T

Today I worked on my goal for _____

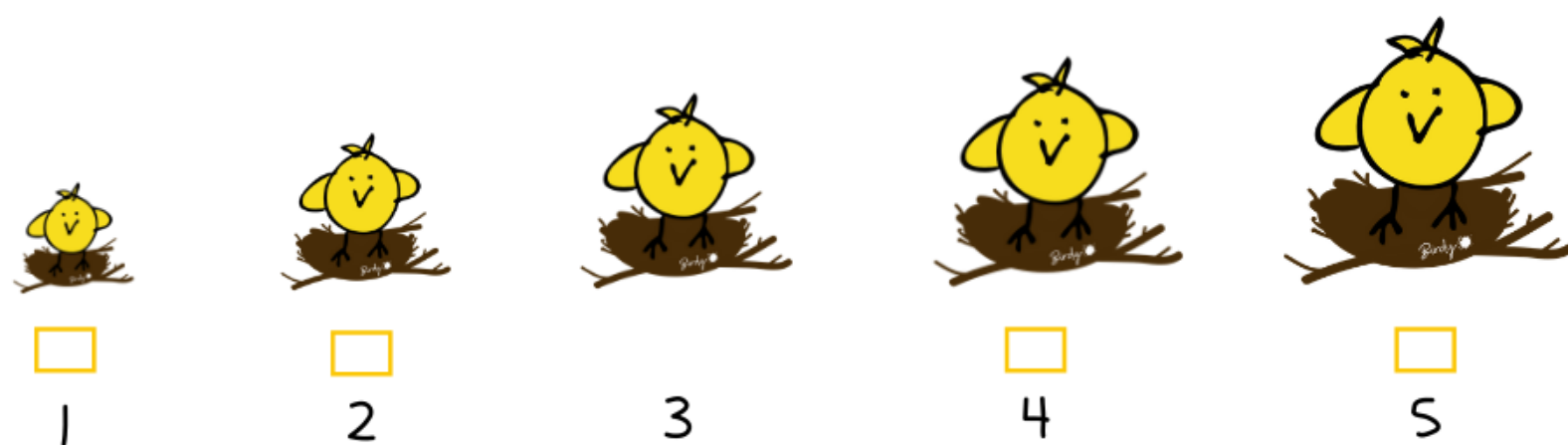


Write how many hours/minutes here

These are the small-birdy steps I worked on today...

This is what I learnt today...

This is how much effort I gave to my Birdy Nesting Goal today:



On a scale of 1 to 5: 1 = Teeny-Tiny Effort ☹️ 5 = My BEST Effort 😊



Date Today:

Did you work on your goal today?

YES I DID

NO I DIDN'T

Today I worked on my goal for _____

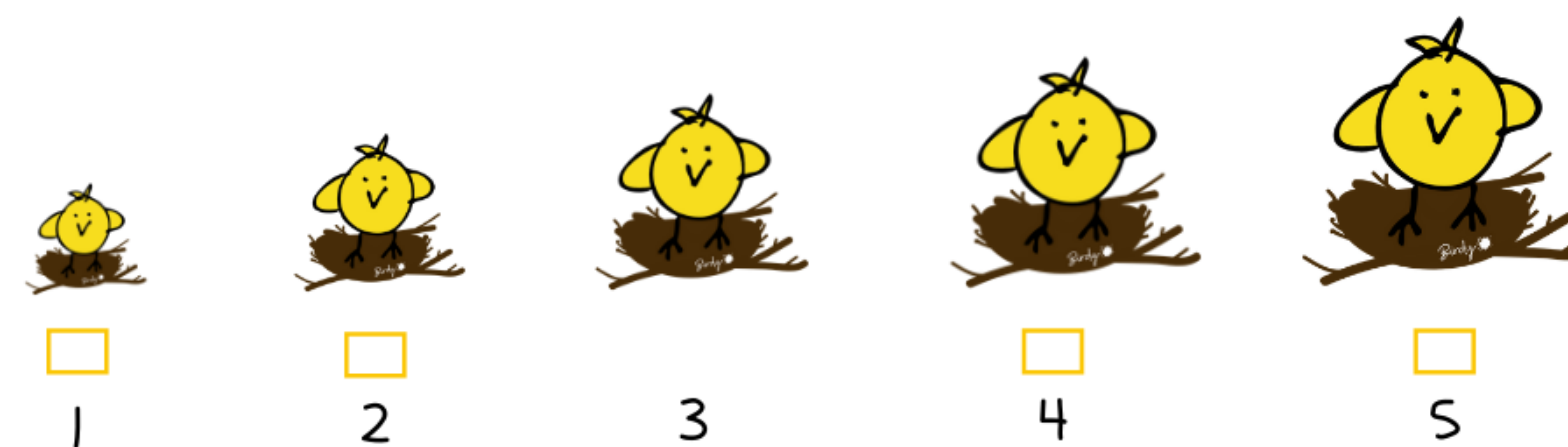


Write how many hours/minutes here

These are the small-birdy steps I worked on today...

This is what I learnt today...

This is how much effort I gave to my Birdy Nesting Goal today:



On a scale of 1 to 5: 1 = Teeny-Tiny Effort ☹️ 5 = My BEST Effort 😊



Date Today:

Did you work on your goal today?

YES I DID

NO I DIDN'T

Today I worked on my goal for _____

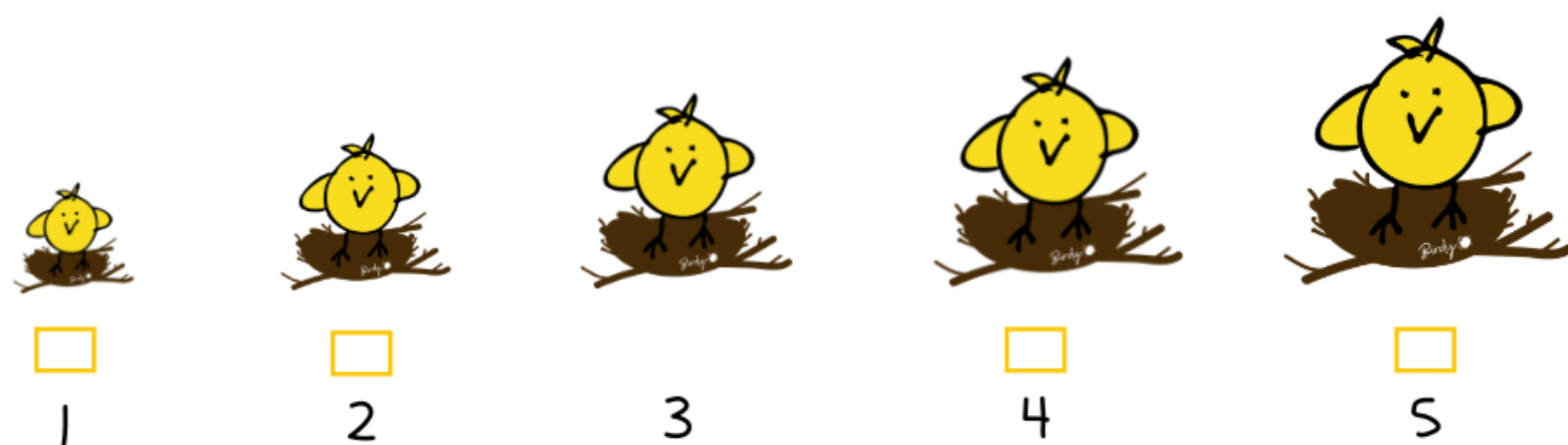


Write how many hours/minutes here

These are the small-birdy steps I worked on today...

This is what I learnt today...

This is how much effort I gave to my Birdy Nesting Goal today:



On a scale of 1 to 5: 1 = Teeny-Tiny Effort ☹️ 5 = My BEST Effort 😊



Date Today:

Did you work on your goal today?

YES I DID

NO I DIDN'T

Today I worked on my goal for _____

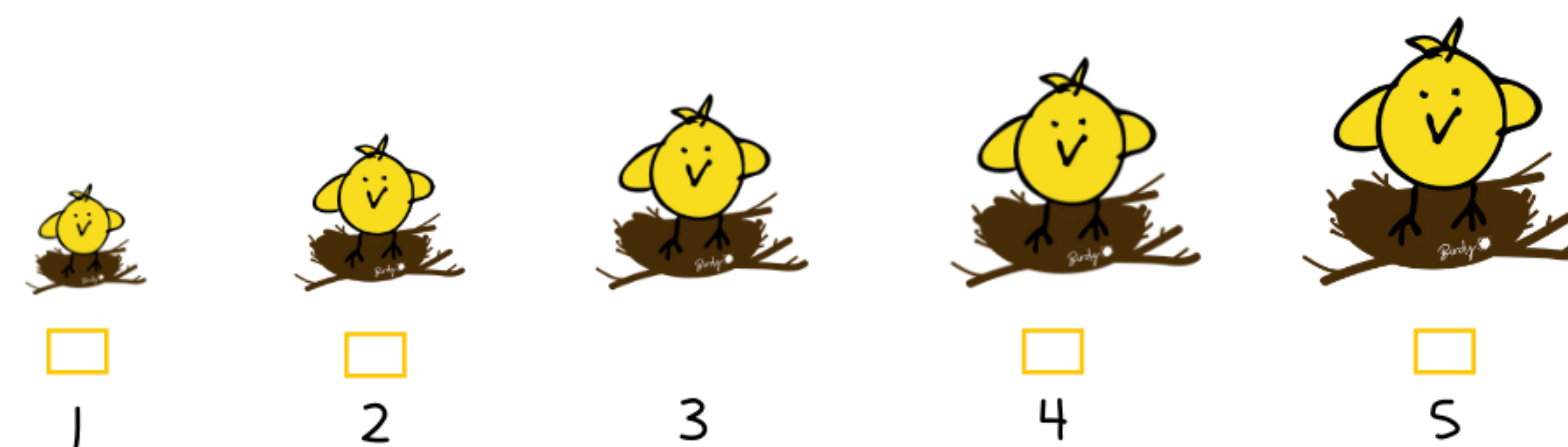


Write how many hours/minutes here

These are the small-birdy steps I worked on today...

This is what I learnt today...

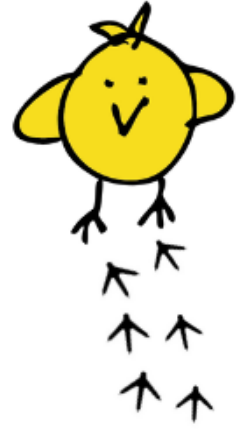
This is how much effort I gave to my Birdy Nesting Goal today:



On a scale of 1 to 5: 1 = Teeny-Tiny Effort ☹️ 5 = My BEST Effort 😊

How Did I Do This Week?

To be completed at the end of each week

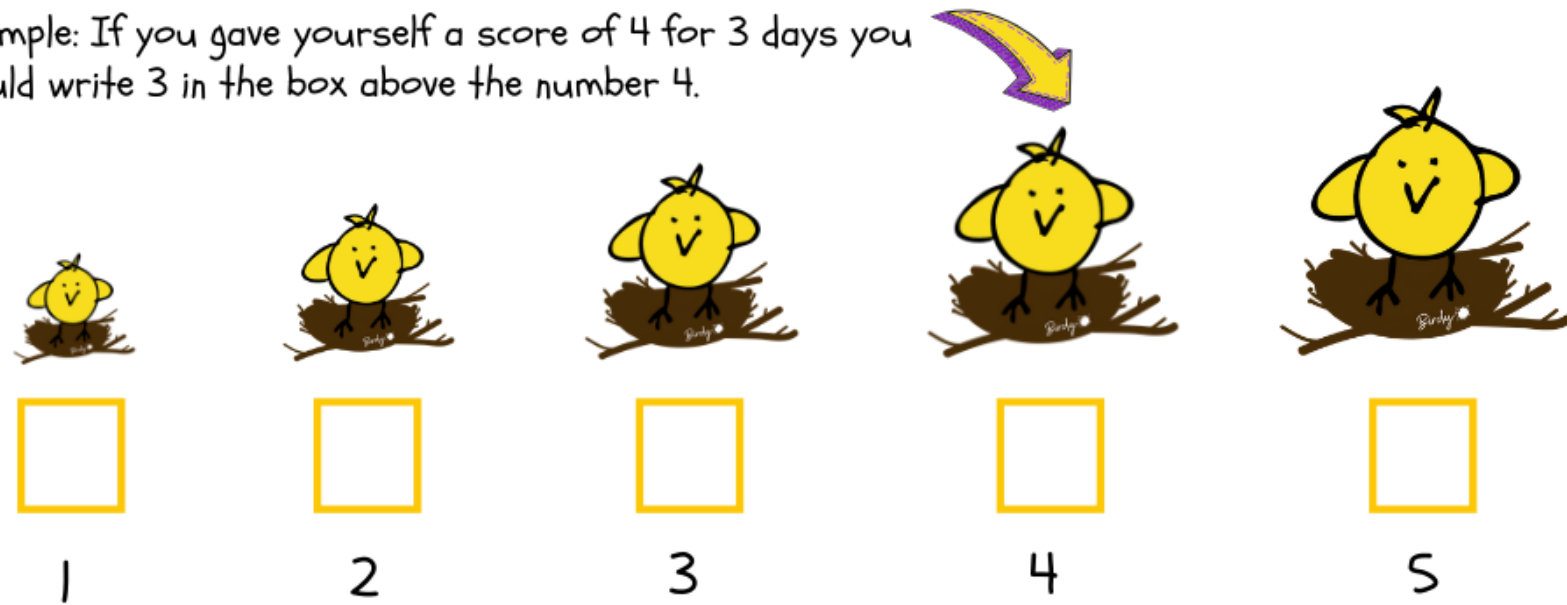


Birdy Steps Taken This Week

This week I worked on my Birdy Nesting Goal for days out of 7.

My End Of Week Effort Score

Example: If you gave yourself a score of 4 for 3 days you would write 3 in the box above the number 4.



Can you beat your score next week? You're aiming for lots of 4's & 5's! - Good luck!

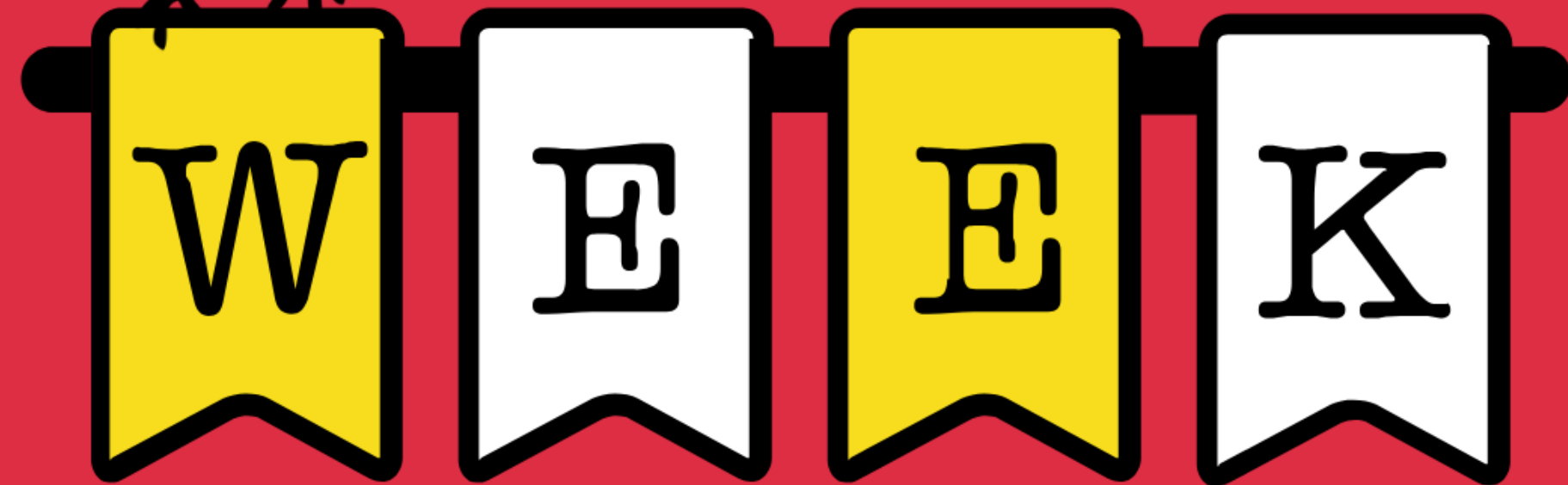
At the end of this week I am now able to...

Write what you can do this week that you couldn't do before you started your Birdy Nesting Goal

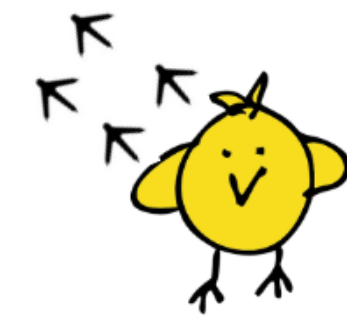


Doodle Page





Daily Birdy-Steps



Week

Each day I will work on my Birdy Nesting Goal and these are the things I will do each day this week to help me achieve my goal.

Mon: _____

Tue: _____


Wed: _____

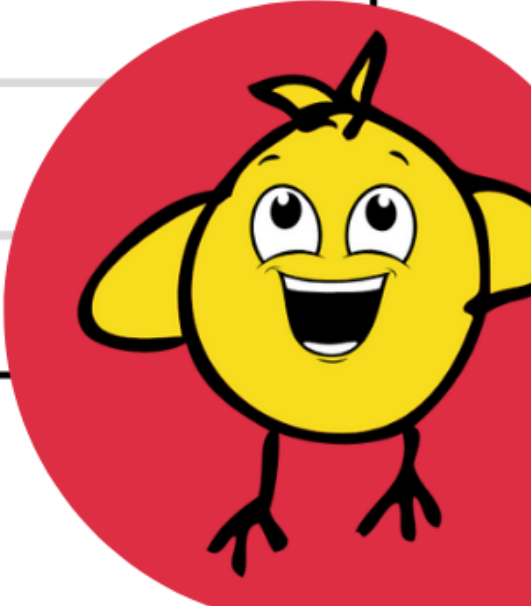
Thu: _____

Fri: _____

Sat: _____

Sun: _____

 These small birdy-steps will help me to...





Date Today:

Did you work on your goal today?

YES I DID

NO I DIDN'T

Today I worked on my goal for _____

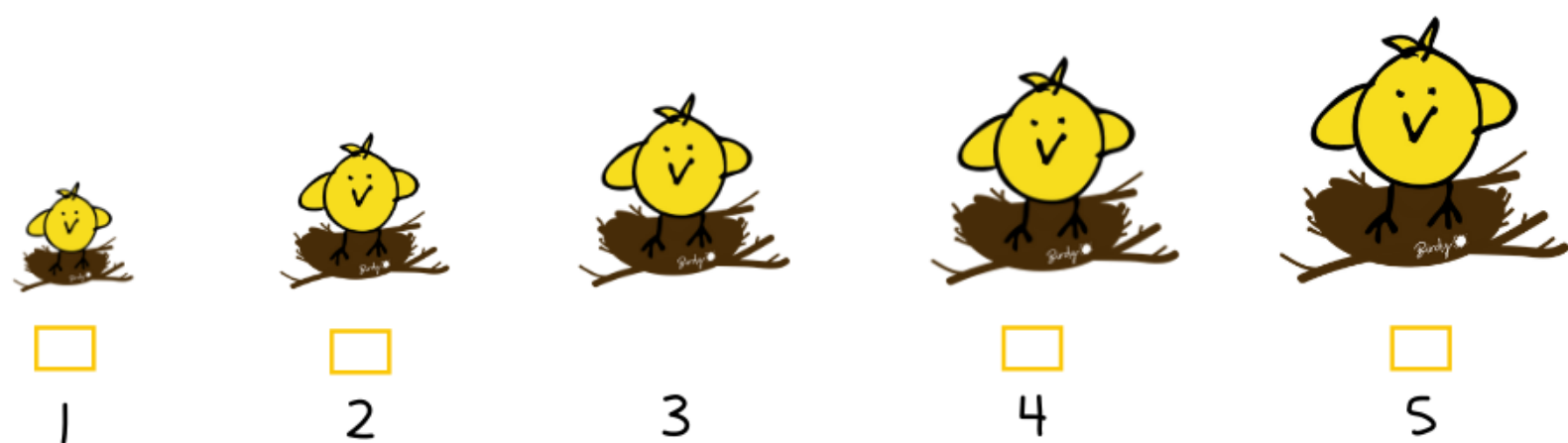


Write how many hours/minutes here

These are the small-birdy steps I worked on today...

This is what I learnt today...

This is how much effort I gave to my Birdy Nesting Goal today:



On a scale of 1 to 5: 1 = Teeny-Tiny Effort 5 = My BEST Effort



Date Today:

Did you work on your goal today?

YES I DID

NO I DIDN'T

Today I worked on my goal for _____

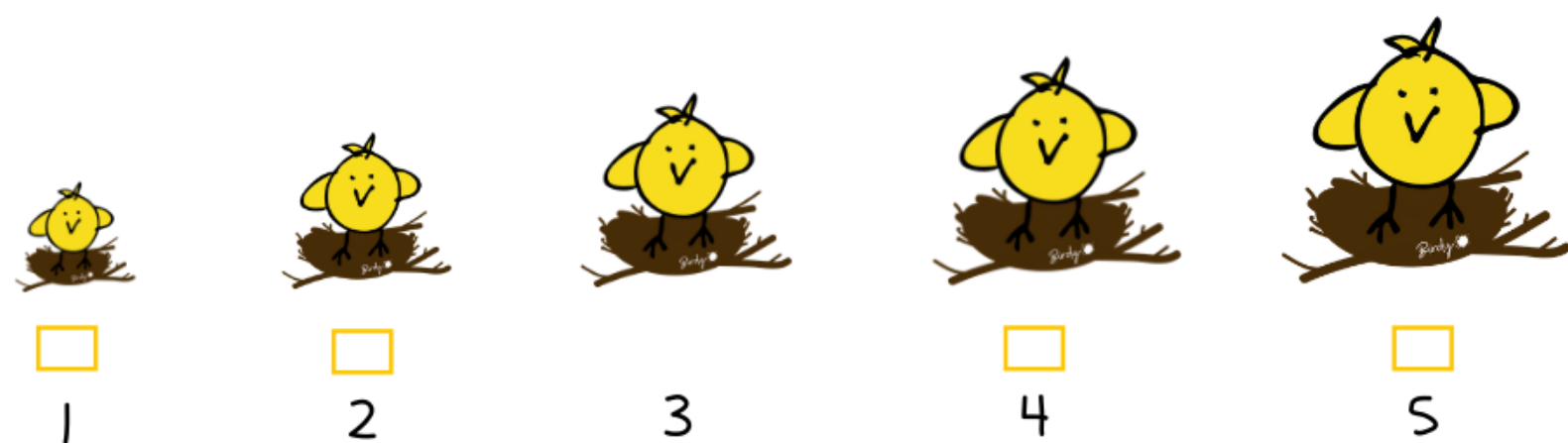


Write how many hours/minutes here

These are the small-birdy steps I worked on today...

This is what I learnt today...

This is how much effort I gave to my Birdy Nesting Goal today:



On a scale of 1 to 5: 1 = Teeny-Tiny Effort 5 = My BEST Effort



Date Today:

Did you work on your goal today?

YES I DID

NO I DIDN'T

Today I worked on my goal for _____



Write how many hours/minutes here

These are the small-birdy steps I worked on today...

This is what I learnt today...

This is how much effort I gave to my Birdy Nesting Goal today:



1



2



3



4



5

On a scale of 1 to 5: 1 = Teeny-Tiny Effort 5 = My BEST Effort



Date Today:

Did you work on your goal today?

YES I DID

NO I DIDN'T

Today I worked on my goal for _____



Write how many hours/minutes here

These are the small-birdy steps I worked on today...

This is what I learnt today...

This is how much effort I gave to my Birdy Nesting Goal today:



1



2



3



4



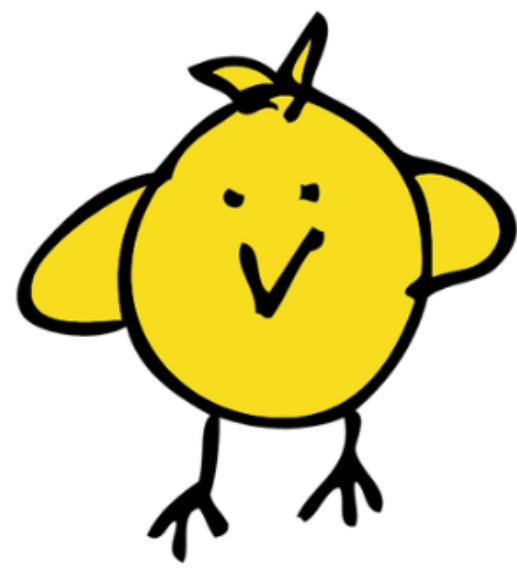
5

On a scale of 1 to 5: 1 = Teeny-Tiny Effort 5 = My BEST Effort



you're doing

great!



Birdy



Date Today:

Did you work on your goal today? YES I DID NO I DIDN'T

Today I worked on my goal for _____  Write how many hours/minutes here

These are the small-birdy steps I worked on today...

This is what I learnt today...

This is how much effort I gave to my Birdy Nesting Goal today:



1

2

3

4

5

On a scale of 1 to 5: 1 = Teeny-Tiny Effort  5 = My BEST Effort



Date Today:

Did you work on your goal today?

YES I DID

NO I DIDN'T

Today I worked on my goal for _____



Write how many hours/minutes here

These are the small-birdy steps I worked on today...

This is what I learnt today...

This is how much effort I gave to my Birdy Nesting Goal today:



1

2

3

4

5

On a scale of 1 to 5: 1 = Teeny-Tiny Effort 5 = My BEST Effort



Date Today:

Did you work on your goal today?

YES I DID

NO I DIDN'T

Today I worked on my goal for _____



Write how many hours/minutes here

These are the small-birdy steps I worked on today...

This is what I learnt today...

This is how much effort I gave to my Birdy Nesting Goal today:



1

2

3

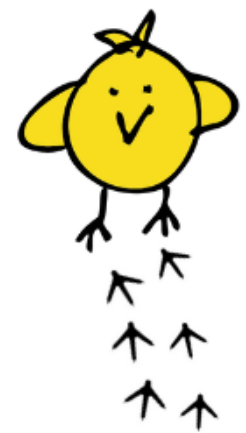
4

5

On a scale of 1 to 5: 1 = Teeny-Tiny Effort 5 = My BEST Effort

How Did I Do This Week?

To be completed at the end of each week

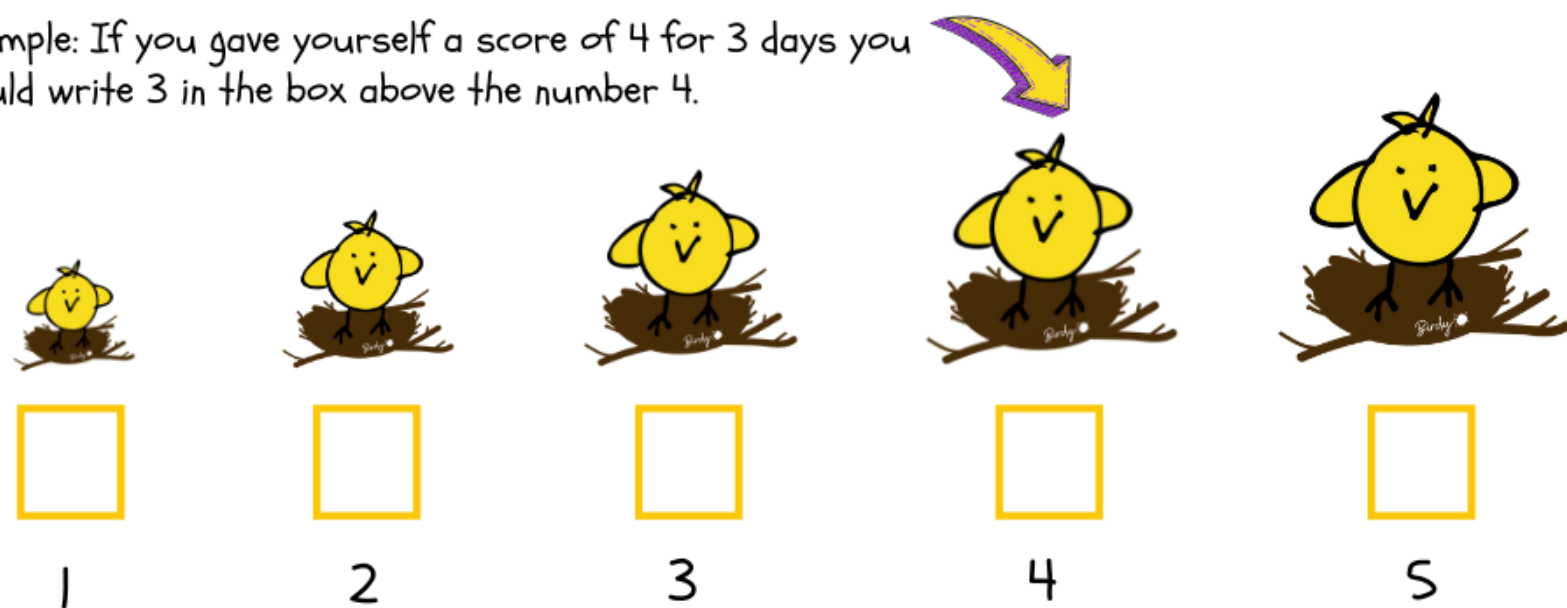


Birdy Steps Taken This Week

This week I worked on my Birdy Nesting Goal for days out of 7.

My End Of Week Effort Score

Example: If you gave yourself a score of 4 for 3 days you would write 3 in the box above the number 4.



Can you beat your score next week? You're aiming for lots of 4's & 5's! - Good luck!

At the end of this week I am now able to...

Write what you can do this week that you couldn't do before you started your Birdy Nesting Goal

My Birdy Nesting Goal

2 Week Review



Have You Completed Your Birdy Nesting Goal In 2 Weeks?

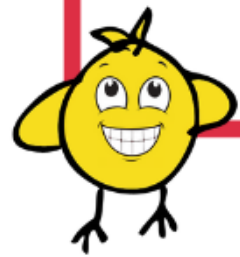
YES

NO

AMAZING

How Did You Do?

First of all, tell me about the Birdy Nesting Goal you just achieved. *Woo-Woo!*



This is the Birdy Nesting Goal that I have just achieved

I ACHIEVED THIS GOAL ON:

Write Date



GO TO THE NEXT PAGE TO SHARE MORE ABOUT THE GOAL YOU HAVE JUST ACHIEVED

SHARE MORE ABOUT THE BIRDY NESTING GOAL YOU HAVE JUST ACHIEVED



My Birdy Nesting Goal was important to me because...

Now that I have achieved my Birdy Nesting Goal I am able to...



Why not print the daily pages for another 2 weeks and set yourself a brand new goal to work on
GOOD LUCK, I believe in YOU!





Can't Print This Out?

No worries!


Maybe you don't have a printer or printer ink. If that's the case why not do this instead...

1 In a notebook write what it says on the daily pages. You can do this each day to make sure you are keeping track of your Birdy Nesting Goal. You could also use A4 paper and cut it in half to make an A5 journal.



2 At the end of week one write what it says on the 'How Did I Do This Week' page and then fill in your answers.

3 Do the same for the following week(s).

4  After 2 weeks it's time to review your goal. Write what it says in the 2 Week Review section. You can doodle and draw the flow charts, just like we have. If you have completed your goal then be sure to write all about it. If you need a little longer then continue with your daily pages and review it at the end of each week.

5 If you completed your Birdy Nesting Goal in 2 weeks, then why not start again with a BRAND NEW goal in your notebook / on paper.



Keep Us Updated!



We would love for you to share photos/videos so we can see how you're getting on with your Birdy Nesting Goal.

IMPORTANT  **ASK A GROWN UP**

- First of all, you **MUST** ask a Grown-Up first if you can take a photo or shoot a video of yourself.
- If they say **YOU CAN**, then why not ask them to help you.
- Once you have your photos/videos tag us on Facebook and/or Instagram 

 /birdyjournals  @birdy_journals



Ideas Of Photos/Videos To Send



- A video of how you felt before you start your Birdy Nesting Goal
- Take photos of the Birdy Nesting Goal you have wrote in your journal
- Photos and/or Videos of you working on your goal
- Progress video after 1 week
- At the end of 2 weeks share what you have achieved
- If you start a new goal after 2 weeks, share what that will be

I hope these ideas help!

www.birdyjournals.com