



Go Go
Goals

April 13th 2023

Health and Mind Club

On the 13th of April 2023, Boys and Girls of Grades 11 and 12 gathered to participate in an event “Go Go Goals” held by the Health and Mind Club. An open mic event took place to discuss and put forth views on Goal setting.



During the open-mic event, an activity took place in which each student was handed a mission statement. Students had to fill out goals of 4 categories: daily, weekly, monthly, and yearly.

The objective of this activity was to assist the students start on a positive note and to give them something to aim toward throughout the academic year.



A dream written down with a date becomes a goal.

A goal broken down into steps becomes a plan.

A plan backed by action makes your **dreams come true.**

Health & Mind club wishes everyone a fantastic academic year!