

MY LIFETIME LIST OF GOALS & DREAMS

In *The Cookie of Doom*, Ben Yokoyama gets confused and thinks it's his last day to live! So he makes a list of all the things he want to do before the clock strikes midnight. Use the prompts below to make your own list of the things you absolutely want to accomplish or experience at some point in your life.

What person do you most want to meet?

What's the thing you're most excited to do?

What would you be really proud to accomplish?

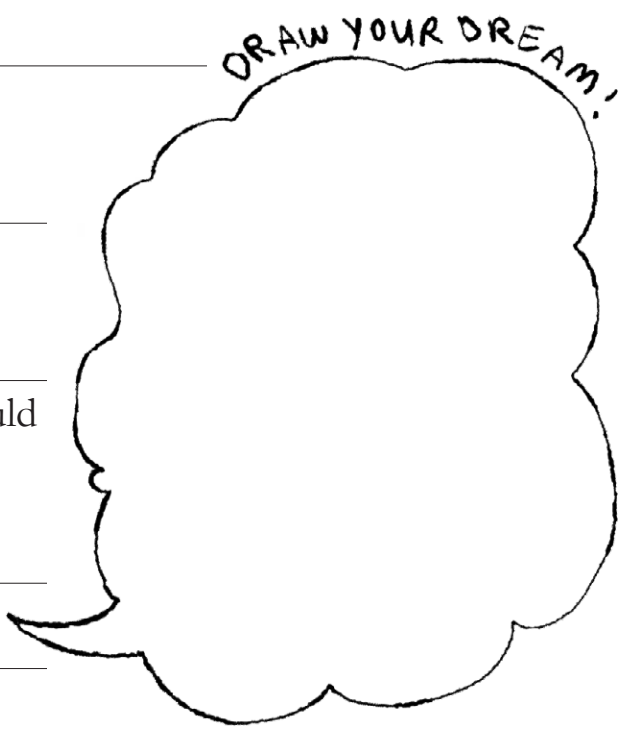
What do you most want learn how to do?

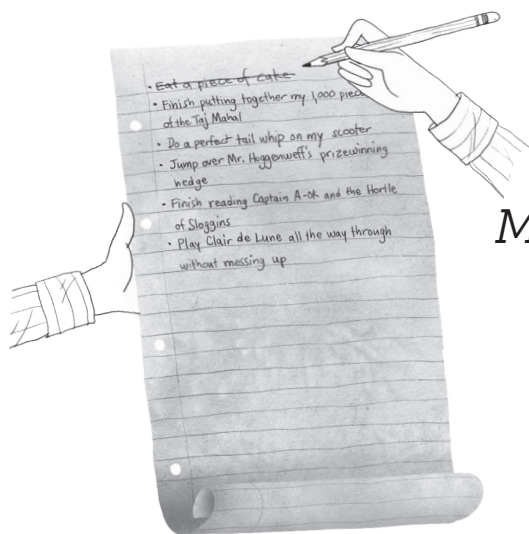
What food are you most excited try?

What place would you most love to go?

What job do you most wish you could have?

What dream have you always wished you could make come true?





Teacher Guide

My Lifetime List of Goals & Dreams

This follow-up exercise is meant to reinforce the themes and ideas from Robbi and Matthew's assembly on Ben Yokoyama and the Cookie of Doom.

The Cookie of Doom is about what happens when Ben Yokoyama misunderstands the fortune LIVE EACH DAY AS IF IT WERE YOUR LAST. In short, Ben is spurred into action and makes a list of the things he's always wanted to do. This exercise asks your students to use Ben's confusion as a reminder to make a list of things *they've* always wanted to do—as a means of getting them thinking about how to make those things actually happen.

Objectives

1. To get students to think aspirationally about their future
2. To document in concrete form their goals, plans, and dreams
3. To reinforce the idea that each day is a precious opportunity to experience and appreciate life—and to take a step toward distant plans or dreams

Instructions:



- 1. Introduce the exercise.** Here is a suggested script, but feel free to use your own words.

We're going to do an exercise based on Robbi and Matthew's presentation on Ben Yokoyama and the Cookie of Doom. As you probably remember, in the book, Ben gets the fortune "Live each day as if it were your last."
- 2. Remind your students that the phrase is a proverb.**

"Live each day as if it were your last" is a proverb, which is a short phrase that contains an idea or advice. This proverb means that life is precious and that you should always try to get the most out of every day.
- 3. Discuss Ben's confusion.**

But as you probably remember, Ben got confused and thought it was actually his last day! Of course it wasn't, but because he thought it was, Ben made a list of all the things he really wanted to do. Like eating an entire cake and jumping over his neighbor's hedge. And remember that Ben ended up doing a few things he hadn't even realized he wanted to—like giving Janet a haircut and making a cake with his mom.
- 4. Tell students they can learn from Ben's mistakes.**

Even though today is not your last, you can make the most of it by making a list of all the things you really want to do in your lifetime. I'm going to hand out a worksheet that will give you some ideas for your list. And when you're done, we'll have a discussion.
- 5. Hand out worksheet and give students 5-10 minutes to fill it out.**
- 6. Once students are finished, ask them to share items from their list. As the discussion proceeds, ask students to consider these questions (and help them think through the possibilities):**
 - Of all the items on your list, which feels most important?
 - Of all the items on your list, which feels most attainable?
 - What steps would you have to take to achieve these items?