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## Goal-setting skills: Personal lifestyle choices

### **This module will focus on:**

- goal-setting skills: personal lifestyle choices
  - the influence of the media, environment, friends and peers, family, culture, religion and community on personal lifestyle choices
  - appropriate responses to influences on personal lifestyle choices
  - informed decision-making skills: positive and negative influences
  - assertiveness skills: confident and firm decision making
- participation in activities that improve physical wellness level
- safety issues relating to fitness activities.

### **By the end of this module, you should be able to:**

- understand the importance of goal-setting skills in relation to your personal lifestyle choices
- be aware of the influence of the media, your environment, your friends and peers, your family, your culture, your religion and your community on your personal lifestyle choices
- practise appropriate responses to influences on your personal lifestyle choices
- use informed decision-making skills, taking note of the positive and negative influences
- apply assertiveness skills and make confident and firm decisions
- participate in activities that improve your physical wellness level
- be aware of safety issues relating to fitness activities.

You are influenced by many things, such as the media and the environment in which you live. The people around you, for example, your family, friends and peers, also influence your choices. You have learnt to behave in a certain way because of the beliefs and values of your culture, religion and community.

Deciding what is best for you will require appropriate responses to these influences. These responses include being informed when you make decisions and being confident by behaving assertively.

# Personal lifestyle choices

Your lifestyle consists of your behaviour and habits. It reflects what you value, how you see the world around you and your attitude to life. The way you choose to live your life affects you physically and emotionally.

As a teenager, you will face many choices. Perhaps your peers will try to persuade you to do things that you would not normally do, or that you think are wrong. They may ask you to experiment with drugs or have sex when you are not prepared for the responsibilities/consequences that go with such behaviour. The influence of the media, such as television, newspapers and magazines, adds to the picture of how you think you are supposed to behave.

The choices you make now will affect your future decisions and actions. There are consequences for all the choices you make. If you make good choices based on what you have learnt at school, from your family and from people who have been successful, you will have a solid foundation to achieve success in your life. When you make choices based on the influence of those people who are not necessarily concerned with your well-being, the consequences of these choices will have a negative impact on your life.

Having a clear idea about yourself helps you when you make your lifestyle choices. It is important to know what your values are before you make your choices, so that you can decide whether your actions will go against what you have come to value in life.

When you understand what your personal qualities and abilities are, you are able to make important decisions, for example, choosing a career. You will also set realistic goals for yourself and be prepared for any future choices that come your way.

Setting goals for yourself gives you the opportunity to examine how you are living, to think about your personal lifestyle choices and to decide what you need to do to improve various areas of your life. For example, you may decide to take better care of your health, work harder at school or enhance a relationship.

## Activity 1.1 Identifying personal lifestyle choices

Create a CD cover that gives as much information as possible about you. You will use this information to set goals according to your lifestyle choices. Use a blank sheet of paper folded in half.

1. Illustrate the front cover of your CD to show: your likes and dislikes, interests, abilities, activities, your culture, how you dress and the people you admire. Draw or cut out pictures from magazines and paste them onto the blank piece of paper in the form of a collage. If you enjoy soccer, for example, paste in a picture of a soccer player or a soccer ball. If you love animals, include pictures of animals.
2. On the back cover of your CD, create song titles that reflect the important events in your life. Number the titles in the order in which the events happened. You may use some well-known song titles, if they are suitable, or you may make up your own song titles.
3. Use the inside of the cover to write about the life events where your personal choices were involved. Did you make a choice that led to a specific event? Did you make a choice because of a specific event? What was the outcome?
4. Assess whether your reflection on your life events influences you to make further lifestyle choices. An example is to stand up more strongly for your own beliefs or to improve your health. Write these down.

Total: 20 marks