



SETTING GOALS & EMBRACING CHANGE

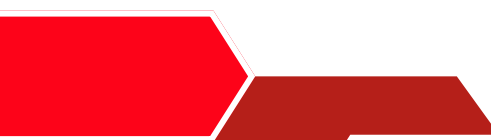
SCHOOL LEAVERS RETREAT

Date : July 18, 2025
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Setting Goals & Embracing Change

- Student Christian Organization of Malawi School Leavers Retreat
 - "For I know the plans I have for you..."
 - Jeremiah 29:11
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Introduction



- Welcome & greetings
- Quick personal reflection
- Message: As you leave secondary school, it's time to dream big, plan wisely, and trust God.



Why Goal Setting Matters



- Gives direction
- Keeps you focused and motivated
- Helps measure progress
- Builds discipline and purpose



Areas to Set Goals In



- Spiritual growth
 - *Spiritual*: “Join a youth fellowship and do daily devotions.”
 - Academics/career path
 - *Career*: “Research universities or technical colleges.”
 - Personal development
 - *Personal*: “Improve confidence by practicing public speaking.”
 - Social and emotional life
 - *Social*: “Choose friends who reflect your values.”
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What is a SMART Goal?

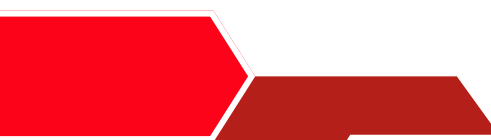


- S - Specific
 - M - Measurable
 - A - Achievable
 - R - Relevant
 - T - Time-bound
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Example of a SMART Goal



- Goal: "I want to be a qualified nurse."
 - Specific: I want to study nursing
 - Measurable: Apply to 3 colleges
 - Achievable: I qualify and will study harder
 - Relevant: I want to help others through healthcare
 - Time-bound: Application by 31 August
 - (e.g., starting a small business, improving a skill).
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Change is Inevitable

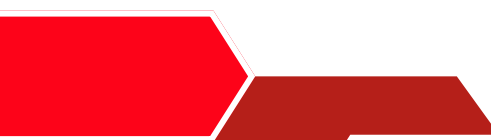


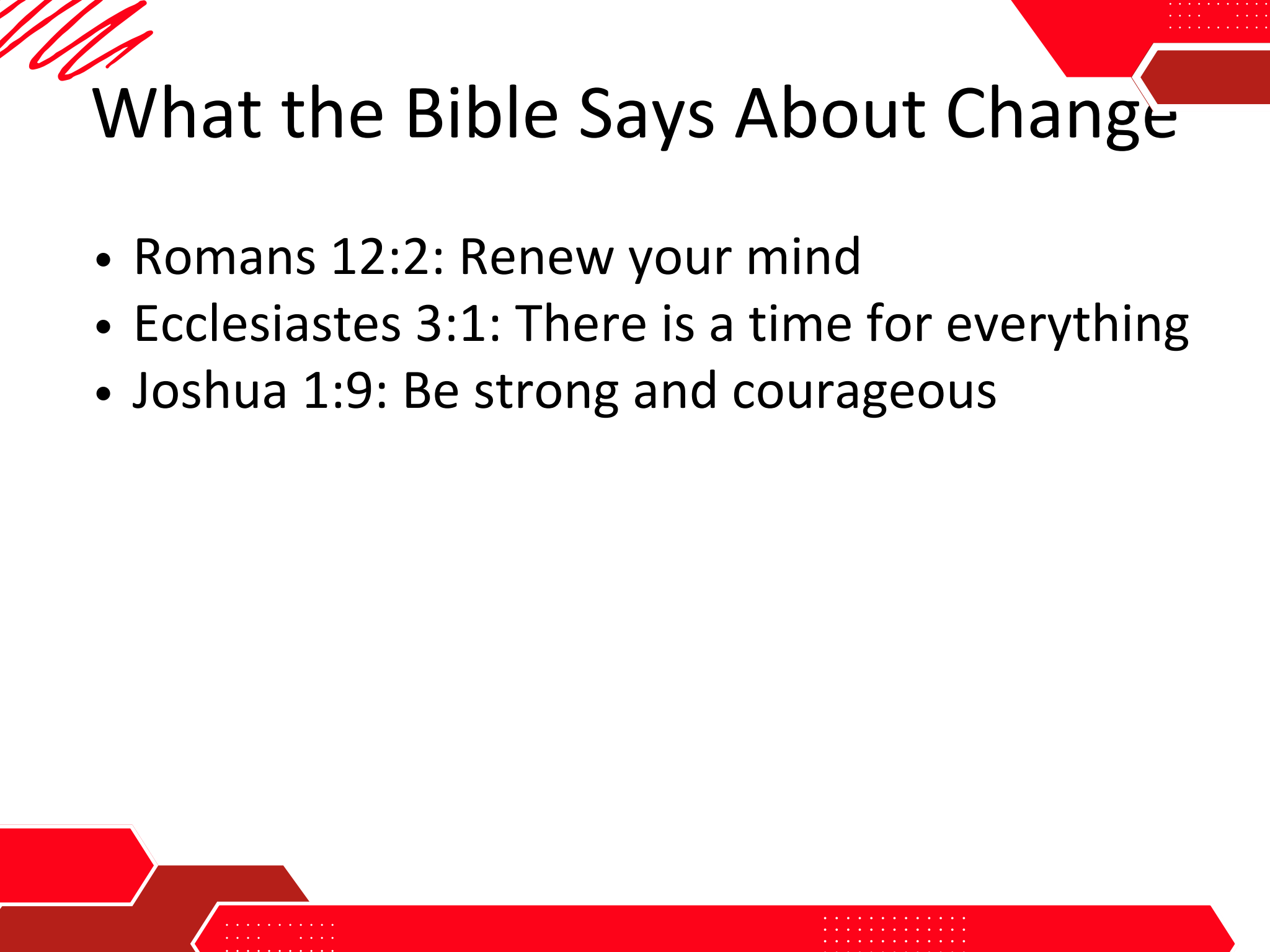
- Moving out of routine
- Facing new environments
- New decisions & responsibilities
- New freedoms and temptations



Adapting to Change



- Stay grounded in faith
 - Stay open to learning
 - Accept growth takes time
 - Find godly mentors and friends
 - Share a story of a young person who successfully navigated this stage of life.
 - Add tips for managing stress or uncertainty.
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What the Bible Says About Change

- Romans 12:2: Renew your mind
- Ecclesiastes 3:1: There is a time for everything
- Joshua 1:9: Be strong and courageous



Watch Out For These Pitfalls



- Drifting without purpose
 - Negative peer pressure
 - Fear of failure
 - Forgetting your identity in Christ
 - Include how to overcome each pitfall.
 - *Peer pressure*: “Set boundaries and stay rooted in your values.”
 - *Fear of failure*: “Trust God’s timing and remember that failing is learning.”
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Practical Next Steps



- Write down 3 personal goals
 - Pray over your goals
 - Talk to someone you trust
 - Plan your next move after school
 - Include how to overcome each pitfall.
 - *Peer pressure*: “Set boundaries and stay rooted in your values.”
 - *Fear of failure*: “Trust God’s timing and remember that failing is learning.”
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Final Encouragement



- "Your future is not a mystery to God. Trust His timing and walk in obedience."
- Keep growing, keep believing, keep showing up.



Closing Prayer



- Prayer for wisdom, courage, and guidance
- Asking God to lead each step



Thank You!



- Q&A or open sharing
- Contact info