

# RUDY

R E P R O D U C I B L E   A C T I V I T Y   M A S T E R

STUDENT'S NAME: \_\_\_\_\_

## MY INDIVIDUAL ACTION PLAN INSPIRED BY THE FILM, RUDY

RUDY IS A RARE MOVIE - ONE THAT SUGGESTS WE CAN FULFILL OUR DREAMS IF WE PLAN, WORK HARD, AND RESOLVE NEVER TO GIVE UP. THIS WORKSHEET WILL HELP YOU THINK ABOUT HOW YOU MIGHT SET AND ACHIEVE YOUR OWN GOALS.

**1. SETTING GOALS:** Rudy learns to set goals and stick to them. What are some of your main goals?

**3. RESOURCES:** Rudy gets help from many individuals. Who can you rely on for help and advice?

ACADEMIC GOALS:

TEACHERS/COACHES:

ATHLETIC GOALS:

RELATIVES:

PERSONAL GOALS:

FRIENDS:

**2. OVERCOMING OBSTACLES:** Rudy tackles obstacles one by one. List the obstacles you must overcome to reach your goals.

**4. YOUR PERSONAL ACTION PLAN:** While Rudy has a plan for reaching his goals, he's always ready to adapt it to new circumstances. What plans might help you achieve your goal?

PHYSICAL OBSTACLES:

ATTITUDE/MOTIVATION PLAN:

FAMILY OBSTACLES:

EDUCATION/TRAINING PLAN:

SCHOOL OBSTACLES:

PLAN FOR ACQUIRING NEEDED SKILLS:

FINANCIAL OBSTACLES:

PLAN FOR STUDY AND PRACTICE:

**OPTIONAL :** On the back of this sheet, sum up what Rudy teaches you about the value of setting high goals for yourself - and then taking concrete steps to achieve them.