

Student Name:_____

Period:_____

Rudy Goal Setting Video Reflection End of Year Questions

1. What was Rudy's dream?
2. List 4 different goals Rudy had throughout the movie.
3. What are 3 obstacles that he had to overcome?
4. What are 3 strengths that he had that help him overcome his obstacles?
5. How did people react to Rudy's dream?

6. How did he respond to these actions?
7. If Rudy hadn't gotten to play, do you think he still would have seen himself as successful in fulfilling his dream? Why or why not?
8. What are 3 things that you learned about goals from the movie?
9. What are your goals for your health in the future now that you have completed family health? Explain with details.
10. Out of your goals you listed that you would like to complete for the future, which one or ones do you feel would be the most challenging and may pose obstacles? Explain why.