

A positive goal

Main Activity

source: liaisons



60 - 120 minutes



6-12 people

Topic

Raising self-esteem and planning positive future (self)development

Objectives

- Get to know themselves better and foster their self-confidence and self-esteem.
- Help them to create their own ideas, identify their talents and talk about them.
- Formulate a positive goal for themselves, present it and think about how to achieve it.
- Create space for interaction.

Materials

- Pieces of wood (preferably pine wood, 20 x 10cm for example).
- Markers.
- Paper.

Steps

1. Participants are given a few minutes to think about something positive they want to achieve, a goal they want to go for, talent or strength they want to develop, and so on.
2. On the upper side of the wood, participants write/draw/symbolise this goal with a marker. On the bottom, they write their names, leaving enough space to write other things.
3. Gather the participants together to engage in a discussion, ask questions such as:
 - Can you share with the group what your positive goal is?
 - How easy or difficult is it to think about reaching a personal goal?
 - How badly do you want to reach this goal?
 - How convinced are you that you will reach this goal?
4. If some participants struggle to clarify their positive goal, invite them to use further details to think about it. This could be done by simply responding to questions such as: what do I want? what do I dream of?
5. Individually, or in groups of two, invite the participants to reflect on the conditions that would help them to achieve their positive goal. To do so, they can respond to the following questions on a sheet of paper:
 - How can I make this goal realistic?
 - Is this a feasible objective or should I change my positive goal for a feasible objective?
 - What should I do to reach this goal?
 - What should I do before being able to reach this goal?
 - What steps can be defined to make it easier to reach the goal?
 - What obstacles might arise to challenge my motivation and possibly change my path?
6. The responses to these questions will allow participants to develop a plan in order to achieve their positive goal

Jammin
Board



ARTS



NFE



INCLUSION

Debriefing

Ask participants to gather together to sum up what the exercise was about. You should help initiate the discussion by asking these questions:

- Are you still convinced that you can reach the positive goal that you defined?
- Is this goal realistic?
- What do you need to be confident?
- What steps do you need to take in order to achieve this goal?
- What could help you to reach this goal?
- What obstacles may arise when trying to reach this goal?
- How might you overcome these obstacles?
- Is there any training or study programme that can help you to achieve this goal?