



Who I Am

8-WEEK FACILITATOR ACTIVITY GUIDE

For Ages 14 – 18

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Week Six Theme: **LIFE GOALS/PERSONAL GOALS**

Using a Goals Worksheet, the girls will determine what specific life goals they have and explore ways to achieve them.

ACTIVITY

- Journaling and Writing Goals

MATERIALS

- Easel paper
- Markers
- Masking tape
- Pencils

PURPOSE

- To determine the goals each girl has for her life.
- To determine which goals are priorities.
- To examine ways each girl is or is not accomplishing her goals.
- To set some action plans to better accomplish goals that are priorities.

If easel paper is not available or inconvenient, you can write the goals below on a sheet of paper, make copies, and distribute them to the girls individually.

FACILITATOR PREPARATION

- 1 Write down the goals below on a large sheet of easel paper.

- Graduate from high school
- Choose the right college/ accomplishment in education
- Healthy body
- Self-acceptance/high self-esteem
- Close relationships with friends
- Financial security
- Travel
- Fulfilling career
- Pursue a passion
- Peace of mind
- Community/world involvement
- Have and nurture children
- Material possessions (i.e. house, car, boat, etc.)
- Fulfilling or intimate relationship with a life partner
- Free time
- Own a business



Week Six



OPENING RITUAL

Do the same opening ritual each time.



THEME INTRODUCTION

Introduce the theme of the week, “Life Goals/Personal Goals.”



CHECK-IN

Go around the circle and have each girl “check in” as to what is going on in her life.



ACTIVITY 1

Life Goals Discussion

- 1 Tell the girls that the group will focus on examining the personal goals they have for their lives. Use the following discussion questions:
 - Everyone – perhaps even without realizing it – has set goals they hope to meet during their lifetime. When are our goals clear and when might they be unclear?
 - Are some goals more important than others? Why?
 - Some goals take less time to achieve and some take more time. What are the characteristic differences between long-term and short-term goals?



ACTIVITY 2

Writing Goals *(Adapted from Louise Yolton Eberhard-Working with Women's Groups)*

- 1 Tell the girls to read all of the goals on the easel or sheet of paper, and then pick the five that they would most like to achieve. Give them 5 – 10 minutes to finish.
- 2 Next, have the girls rank the five goals from Number One to Number Five with one as the “most important” and five as the “least important.”
- 3 Divide the girls into small groups or dyads.
- 4 Have each girl share her top five goals in order of priority with the other girls.
- 5 In their small groups, ask the girls to explore the following questions. The other members are invited to give supportive input.

Write the following questions on large easel paper or poster paper for the girls to easily reference.

- How are you working to achieve these goals right now?
- Are there any goals you want to achieve, but feel you are not spending enough time on?
- If you were able to look through the eyes of your future self, how would the world look different?
- What are some specific actions you could take right now that would help you get closer to your goals?
- Invite the girls to journal on a few steps they can take over the next few weeks to achieve some of their prioritized goals.



Week Six



ACTIVITY 3

Closing Discussion

- 1 Reconvene the large group and invite the girls to share what they have learned about life goals and the achievement of those goals.
- 2 Summarize the girls' responses.
- 3 Encourage the girls to continue working on achieving their priority goals.



CLOSING RITUAL

Bring the girls together for your closing ritual.