



# 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.