

Adapted Activity 1 - Writing Goals
Session 6 Life Goals, Personal Goals

from The Girls Circle Activity Guide, **Who Am I**

*Although this activity was adapted from Girls Circle
it can benefit all genders.*



To All Our One Circle Facilitators

With these difficult times, One Circle Foundation wants to acknowledge you for the great work you continue to do with youth.

In an effort to make that a little easier for you, we are beginning to add Adapted Activities from our curricula in order for you to have the ability to hold Girls Circle and Boys Council sessions online with the youth in your programs. As you know, the creative and experiential activities presented in the Activity Guides require individuals to be in a live, in-person circle. We have begun adapting these activities so the youth can participate from the safety of their homes. These adaptations will be posted and made available to you on the One Circle Foundation website “Virtual Solutions” section, for your easy access.

Each adapted activity will note which Activity Guide they were adapted from as well as which session. We include here an outline of the six steps of the Girls Circle Model and the seven steps of The Council for Boys and Young Men Model for you to use as a guide.

PLEASE NOTE: These adaptations do NOT include the full session; only the **ACTIVITY** step is described; however, you will see in the adaptation that there is an overview of the topic and brief discussion to incorporate into your circles. The objectives of the activity align with the original intent of the session.

Girls Circle:

Opening Ritual
Theme Introduction
Check-In
Activity → ADAPTED
Sharing of Activity
Closing Ritual

The Council for Boys and Young Men:

Opening Ritual
Theme Introduction
Warm-Up
Check-in
Activity → ADAPTED
Reflection
Closing Ritual

We welcome your suggestions and feedback as well as learning of any adapted or original activities you are doing online with the youth you serve. In fact, we invite our community members to share these activities with one another in this forum as well.

We at One Circle Foundation are committed to supporting all of you as we find our new normal. Be safe and continue to reach out for support from One Circle Foundation.

Although this activity was Adapted from Girls Circle it can benefit all genders.

Adapted Activity 1 - Writing Goals

Session 6 Life Goals, Personal Goals

from The Girls Circle Activity Guide, **Who Am I**

Topic: Life Goals/Personal Goals

Through discussion and writing the youth will determine specific life goals they have and explore ways to achieve them.

Objectives:

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

Key Learning Points:

- How to identify goals and set priorities.
- Skills to achieve goals.
- How to seek support in achieving goals.

Facilitator Preparation:

Prior to meeting with the participants, prepare 2 White Boards that you will share with the youth. The first White Board should include the following Goals;

- Graduate from High School
- Choose the right college/accomplishment in education
- Healthy Body

- Self-acceptance/high self- esteem
- Close relationship with friends
- Financial security
- Travel
- Fulfilling career
- Pursue a passion
- Peace of mind
- Community/world involvement
- Have and nurture children
- Material possessions
- Fulfilling or intimate relationship with a life partner
- Free time
- Own a business

The second White Board should include the following questions:

- How are you working on achieving these goals ?
- Are there any goals that you want to achieve but do not feel you are spending enough time on ?
- If you were to look through the eyes of your future self, how would the world look differently ?
- What are some specific actions you could take right now that would help you get closer to your goals ?

Procedure to Lead Activity:

Let the youth know we will be doing an activity that will have them think about life and personal goals and how to achieve those goals.

Materials needed by Participants:

a piece of paper and a pen or pencil.

Instructions:

Let participants know you will be asking them a few questions. Explain that after you ask each question they will, one at a time, have an opportunity to share their thoughts. Remind the youth to raise their hand in the Chat Box and you will call on them one at a time.

Ask the group the following questions, giving them a few minutes to think about the questions and share their thoughts, before moving to the next question.

- Everyone - perhaps 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 some characteristic differences between long - term and short - term goals?

Following the discussion let the youth know you will be sharing a white board that will list some goals.

1. Have the youth take 5 minutes to read all the goals on the white board.
2. Have the youth take 10 minutes to then write on their piece of paper the 5 they would like to achieve. (If they have goals that are not listed they may also use those goals.)
3. Next, have the youth rank the 5 goals from 1 - 5 in order of the importance of the goal.

After the youth have ranked their 5 goals, have them take 15 minutes and answer the following questions. (Let the youth know that in addition to reading them the questions, you will also share the questions on the White Board.)

- How are you working on achieving these goals ?

- Are there any goals that you want to achieve but do not feel you are spending enough time on ?
- Looking through the eyes of your future self, how does the world look differently ?
- What are some specific actions you could take right now that would help you get closer to your goals ?

Have them work individually and write down their answers. Let the youth know they will be sharing some of their answers with the group after they have completed the writing activity.

Sharing of Activity:

After the writing activity is completed, ask the youth to one at a time answer the following questions. You as the facilitator will read the questions. (remind the youth to raise their hands and you will call on them one at a time.)

- What are some of your life goals?
- What have you learned about life goals and the achievement of those goals ?
- How are you working on achieving these goals ?
- Are there any goals that you want to achieve but do not feel you are spending enough time on ?
- If you were to look through the eyes of your future self, how would the world look differently ?
- What are some specific actions you could take right now that would help you get closer to your goals ?

Application Question: What is one step you can take this week towards achieving your prioritized goals?