

LINX EDUCATIONAL INSTRUCTOR'S GUIDE

IT'S NOT WHAT YOU SAY: MASTERING GOALS

Activity 1: Crystal Ball: Seeing into the Future

Looking into the future helps you determine exactly where you want to go, who you want to be and what you want to do.

Goals should be realistic and specific with a tentative target date for completion. Writing goals down is the first step to achieving them.

Directions:

Look into your future; write down 2 SHORT TERM goals that you want to accomplish within the next few days or weeks. Project a target day.

GOAL

TARGET DATE

1. _____

2. _____

Continue looking into that crystal ball, but look further ahead. Write down 2 LONG TERM goals that you want to accomplish within the next 5 years. Project a target date.

1. _____

2. _____

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Activity 2: GETTING THERE IS HALF THE FUN!

For the Goals that you listed in Activity 1, think about what you must do to reach those goals. First, look at your LONG TERM goals. What ACTIONS MUST YOU TAKE to achieve those goals? "Thing backward" (as discussed in this video) and determine the actions you must take to get where you want to be in 5 years.

List those actions below and when they should be completed.

As you work backward, you may realize that some of your short-term goals will help to achieve the long-term goals.

Which short term goals may help you achieve the long term goals in Activity 1? Be specific in your answer, and tell what you must do NOW to get started.

What sacrifices might be needed to achieve the goals?

What barriers could prevent you from achieving the goals?

Activity 3: VISUALIZE YOUR GOALS ON PAPER

Design and create a collage to illustrate the goals you want to achieve during the next 5 years or 10 years. On an 11" x 17" piece of paper (or larger poster board) glue magazine pictures, photos, drawings and anything else that will help you put your goals in a visual format. If desired, share your goals with others in your class.

Activity 4: OPTIONAL ACTIVITY

Write daily in a journal what you have accomplished towards achieving any of your goals.

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ANSWER KEY

Note to Instructor:

Answers/responses to all activities will be individual. Instructor should guide students/clients using information from the accompanying video

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