

Session Plan

My Big Audacious Goal

Themes: Positive Thinking, Positive Influence & Goal Setting.

Time Allocation: 45 Minutes

Resources: My Big Audacious Goal Sheets (x30)

Time	What?
10 Minutes	Introduction <ul style="list-style-type: none"> ○ Introduce the topic of goals... <ul style="list-style-type: none"> ▪ ASK: What are goals, when can we use them. ▪ ASK: how many of you set goals already? ▪ Goals help me achieve my purpose – they let me achieve little win in the lead up to a big win.
30 Minutes	My Big Audacious Goal <ul style="list-style-type: none"> - Explain what the activity is <ul style="list-style-type: none"> ○ So we each dream and have ambition, don't we? I am sure we can all think of a number of things that we each want to achieve? ○ ASK: What is one big goal you want to achieve either now or in the future. ○ ASK: How will you get there? ○ YOU ARE MORE LIKE TO ACHIEVE A GOAL IF YOU <ul style="list-style-type: none"> (1) Write it down – it is the physical act of writing it down that helps you process what you want to achieve. (2) Tell someone – the act of telling someone, create accountability. ○ TODAY, in this activity you will think about a big goal you want to achieve and write it down and then plan out the 5 steps that are going to get you there. You will then share with a few people, who will become your goal buddies.

	<ul style="list-style-type: none"> ○ You will have 20-25 minutes preparation time and then 5 minutes to share your goal with someone in the group. These people will become your goal buddy and you will check up on each 1 month after the camp and see how your goals are progressing. ○ Now that we have set goals – we can go out and start working on them. But just because you have written them down and because you have told someone – it still won't automatically happen. So you need to take action, own your life and you will achieve.
5 Minutes	<p>FINISH – break before next activity,</p> <ul style="list-style-type: none"> ○ TAKE HOME FOR TODAY: REMEMEMBER, goal setting is something you can use for literally anything in your life and writing it down and telling someone means you are more than likely to achieve this goal.