



"I don't focus on what I'm up against. I focus on my goals and I try to ignore the rest." Venus Williams

Goal Setting

Aim

This task is set out to encourage you to think about your goals and how you will achieve them by coming up with a WOOP – Wish, Outcome, Obstacle, and Plan. This is a way of helping you visualise what you want to achieve, think of what might stand in your way, and how you will overcome this to achieve your goals.

Instructions

Step 1 – Wish

Be creative! Think about the thing you want to achieve. It can be anything you like. What would you like to achieve? Why do you want to achieve it? You could draw pictures, write words, cut out images and stick them onto a board to help picture what it is you want to do.

Step 2 – Outcomes

Thinking about how you will feel when you achieve your goal. Will you be happy? Can you imagine yourself doing the job you'd like to do, or being able to do that thing you've always wanted to do? Will your goal help others? Picture yourself achieving it and how it will make you feel.

Step 3 – Obstacles

What's stopping you? Think about what you might need to overcome and how you might do it. If you feel like giving up, what will you do instead?

Step 4 – Plan

Now you've thought about what you want and what might stop you, it's time to consider how you're going to achieve it. Break your big wish down into smaller ones that you can check off as you go. This is the biggest part but will really help you achieve what you want to do. Think about a ladder, or a set of steps.

Step 5 – write it all down!

Use the worksheet to start you off so you have a prompt for everything you need to think of. Don't limit yourself to this though. Be as creative as you like and make something you can look back at each time you get stuck or need some motivation.

Next Steps

Don't forget that your goals are not set in stone. If you achieve them, think about something else you can do. Sometimes things change, so you might need to change your goals too. Keep looking at them and see how much you've achieved. As the session comes to a conclusion, discuss the activity in your group. A few talking points could include:

- How did you feel before the activity started?
- Why do you think you did this activity today?
- What have you learned today, and will it make you think differently?
- Most importantly, did you have fun?



W	Wish Think if something you want to accomplish. This should be a challenge but also something you know you can achieve.	My wish:
O	Outcome Think about how you will feel when you achieve your wish.	Outcome:
O	Obstacles What could get in your way? What will you do to overcome this?	Obstacles I'll overcome them by...
P	Plan How will I achieve my wish? What do I need to	If this happens... Then I will...