

Episode 8

Vision Building and Goal Setting



Episode 8 Overview



Materials Needed

- Paper
- Pencil
- Colored Pencils/Markers
- Objects around your home

How do I set goals for my life and work towards it?



1. Think about the people in your life that you really look up to.

Who are your heroes? Identify at least 4 heroes (2 women, 2 men) who do different things (homemaker, professional, etc.).

2. Draw your heroes and write their names.



3. For each hero, write 3-to-4 character traits you admire about them.

4. Give an example of a situation where they demonstrated a particular trait.

5. Present your drawing to your friends. Also share:

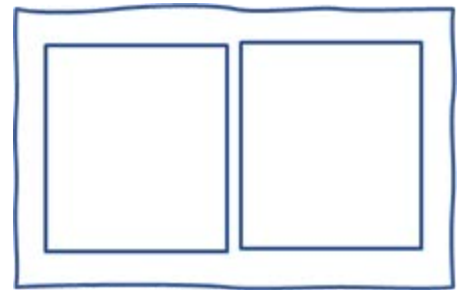
- Why do you consider them to be a hero?
- Which quality or aspect of their life do you wish to have?
- Why is it important to you?
- Write 2 ways in which you can become more like your hero.

Not every hero is born a hero. Some of them grow up to be heroes. And every hero has a story!

1. Map up the story of your life so far. We will be turning your story into a comic book! First think of the following, they will help you to think of important moments in your life:

1. What's one of the most important events that took place in your life?
2. What is a decision that others took that impacted your life?
3. What is a decision you took that influenced who you have become?
4. What role did education and schooling play into who you are today?

2. Draw at least 3-4 boxes to show these breakthrough moments. In each box, draw what happened in the story of your life.



3. Below each drawing, write a sentence to explain what it is about.
4. You can also add dialogue to your drawings using speech bubbles.

When the character
says something



When the character
thinks something



Be creative with your drawings and share them once you're done!

Activity 3 Rube Goldberg Machine

A Rube Goldberg Machine is a complicated device which performs simple tasks in intricate ways.

We will be designing our own Rube Goldberg machine!

1. Decide what simple task you want your machine to fulfill. It can be watering the plants, opening something or any other task.
2. Look around your house for different objects you can use to create your machine. Some examples of objects could include domino, tape, books, paper cups, small toy cars, paper tubes etc.
3. Build your Rube Goldberg Machine using those objects.
4. Once you are done, try your machine and see if it succeeds in completing the task.
5. If it does not succeed, make changes and try again!

Example: Getting a ball into a cup



You can refer to this video to help you!

https://www.youtube.com/watch?v=TLk6_RHvW5M

Answer the following questions:

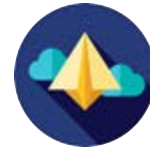
1. Which cause results in which effect?
2. What do you think worked?
3. What can you change?
4. If it worked, can you explain the machine and add more parts?

Don't give up! We must try and learn from our mistakes!

We will make a vision book, which represents your long-term goals, desires and action plan to achieve the life that you want.

With a partner, discuss the following questions and write your responses for each question on a different page to begin creating your vision book. You can add drawings, pictures, etc. too!

My Personal Vision



1. Name 3 activities that you enjoy doing and want to continue doing throughout your life. Share the reason too.
2. Describe in detail two places where you feel safe, happy, and relaxed. How can you access these places in your life?
3. What is your dream job or career?
4. What kind of home life would you like to have?
5. What are 3 values you want to live by?
6. If you could travel anywhere, where would you like to go to?
7. What kind of friends do you want to have?
8. What would you like to do that you haven't done yet?
9. What kind of difference do you want to make in this world?
10. What are some new skills or habits you want to develop?

Write down 3 goals in your vision book that you would like to accomplish **this year** that will help you move closer to your vision. Make sure your goals are SMART!

SPECIFIC

What is the exact goal that you are trying to accomplish?

MEASURABLE

How will you be able to see that you are making progress?

ATTAINABLE

Is this a goal that you think you can actually reach?

RELEVANT

Is this something that's important to you right now?

TIME-BOUND

When do you think you'll be able to reach your goal?

Share your goals with others!

Activity 6

Helpful Habits

1. List the habits you want to build in the **Habit Tracker** below.
2. For each habit and each day in the upcoming week, add a ✓ if you have accomplished it and a ✗ if you have not.
3. Make sure to hang this habit tracker somewhere you can see it everyday.

Habit	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Activity 7

Letter to Your Older Self

Imagine yourself in 15 years!

Where are you? What are you doing? How do you look? Who are the people around you?

Write or record a letter to yourself in 15 years promising them what you will do today to get there and how you will not give up in the face of difficulties!

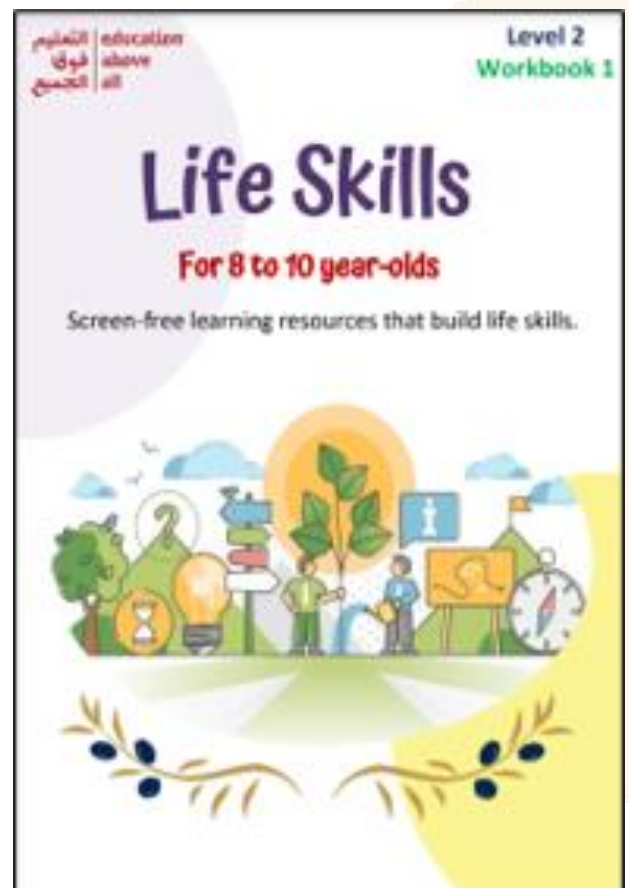
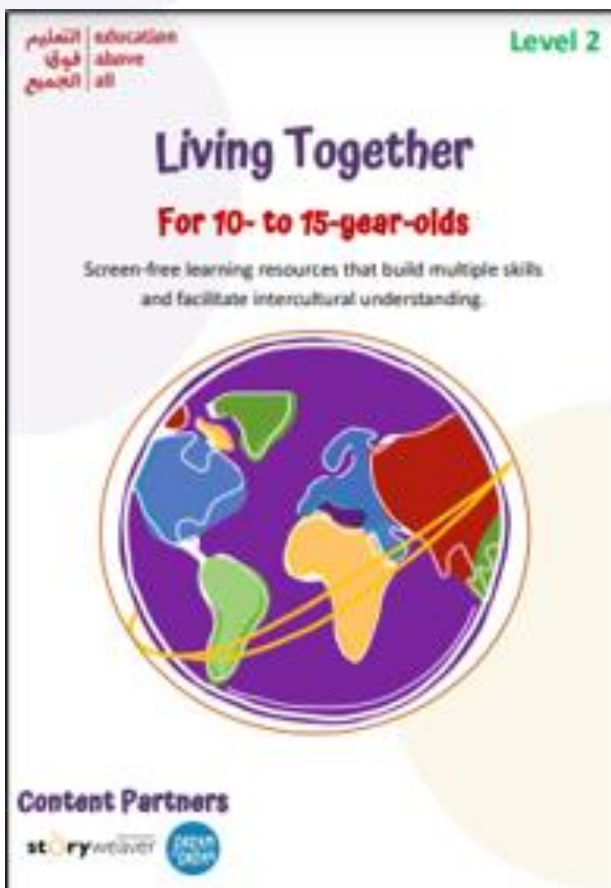


To Learn More

Visit the **Internet Free Education Resource Bank**, which is filled with over hundreds of fun educational resources:

<https://resources.educationaboveall.org/>

This episode was inspired by the Living Together Package and Life Skills Package from Education Above All's Emergency Response Content.



The Ukrainian Emergency Education Response is available in English, Ukrainian and Polish.