



Unit: Personal Vision and Goals

Skill 6: Determining Motivation

Activity A: Why Are You Here?

Activity Skills:

Large group discussion.

Leadership Skills:

Understanding personal motivation.

Setting personal priorities.

Suggested Level:

Beginning

Time:

30-40 minutes

Supplies needed:

- Pencils and paper for each participant.
- Flip-chart, whiteboard or other large writing space and a writing utensil.

Do Ahead:

N/A

Source:

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Based On:
"Identify Your Potential"
and "Identify Your
Passions," in
TakingITGlobal's *Guide
To Action*.

BACKGROUND:

People are motivated for many different reasons. Some people seek leadership roles because they wish to improve the world around them. Others do so in order to use personal skills or influence others. Whatever the reason, understanding what motivates you will help you to turn ideas into action.

WHAT TO DO:

Have participants individually finish the following statements on a sheet of paper:

- The things that interest me the most...
- I am good at...
- Some things I would like to accomplish include...
- A few things I would like to change about the world are...

Now, on your large writing space, ask the group to create a list of things they would like to accomplish.

In a perfect world, I would like to...

Don't stop until their list is quite long. Be enthusiastic to start. Their list might include problems they want to solve, things they want to accomplish, positions they would like to hold etc.

Pause to reflect upon the list, which should be long and quite ambitious at this point.

Ask the group the question: With any of the items on this list, where must you start to accomplish your goals? You may wish to single out a really strong example such as, "I would like to end domestic violence."

When the group has ventured several ideas, tell the group that for any of the items on the list, you must start with yourself! You must start with something that really motivates you – a vision of what you want to accomplish – and find some way to personally work toward that goal.

If you want to solve a problem, find some way to take personal responsibility for the solution. If you want to accomplish something great, find out what you will need to know to get there. This is a room full of dreamers and only you can make your dreams become a reality!

TALK IT OVER:

Reflect:

- Did you share any goals with your colleagues? If so, what?
- What personal goals have you reinforced here today?

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<p>Notes:</p>	<ul style="list-style-type: none">• How might your personal skills help you to accomplish your goals?• Can you think of ways that you could work with others here to accomplish your goals? <p>Apply:</p> <ul style="list-style-type: none">• If your goal was to solve a problem, are there ways you can personally work toward a solution every day? Week? Month?• What steps can you take right now to work toward your goals for the future? <p>BEYOND THE BOX:</p> <p>Optional Homework:</p> <p>Option 1: Create a personal plan of action listing the things you are going to do every day to address one (or more) of the problems that concern you. You might choose to rate yourself each day (on a scale of 1 to 5) as to how well you are doing, so you can evaluate your accomplishments at the end of the month.</p> <p>Option 2: Make a list of volunteer opportunities in your area. Sometimes you can address local problems through direct volunteer service to others. Get out your schedule and figure out how you can volunteer regularly in your community, and assist with one of the problems that concern you.</p> <p>Option 3: Start researching what you need to know in order to obtain a career that interests you or accomplish one of your goals. Find out what skills are necessary and what schooling or training may be required.</p> <p>Resources And Web Links:</p> <p>http://www.takingitglobal.org/. TakingITGlobal is a web-based resource for taking global action. It provides information & resources concerning global issues as well as forums to connect young leaders from around the world.</p> <p>http://www.takingitglobal.org/action/guide/ This is the link to download TakingITGlobal's <i>Guide To Action</i>, which provides practical strategies for setting personal goals, getting motivated and taking action.</p>
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