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Vision I

Class 4



Class Outline:

- Introduction
- Creating a vision
- SMART goals
- Short term vs Long term thinker
- Maslow's Hierarchy
- Daily Objective
- Conclusion

Class Outcomes:

- Roadmappers learn how to create 6 month, 1 year and 5 year goals
- Roadmappers know how to create SMART goals
- Roadmappers can identify the difference between short and long term thinkers
- Roadmappers understand Maslow's hierarchy
- Roadmappers learn the importance of a daily objective

Roadmapper Materials:

- Paper
- Pen/Pencil
- Alternative Roadmap Book

Pages:

- Pg. 23 - 30

After class, have each roadmapper go to our website (via phone, tablet or computer) to finish **"Handbook for Life" Module #4** after this class to earn a certification.

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1 minute: **Introduction:** *How is everyone doing today?* Have everyone write down their initials at the top right of their page with their non-dominant hand.

5 minutes: *In our last class we talked about what motivates us and the differences between our internal environment and external environment.*

- *Who changed one thing in their IE to change their EE? Let's get a few volunteers.*
(Navigator share a change that you made)

15 minutes: Today we are going to talk about **creating a vision.**

- *What is a vision?*
- *What does having a vision mean?*
- *How does your mindset affect your vision for the future?*
- *Who's someone famous that has or had a vision?*

15 minutes **Vision Creation:** Everyone open up to **page 25** and do the three exercises. We will share them after everyone is done.

Pg 26. Let's get in-depth about the 6 month goal. **Pg. 27**

- *Why is it important to take baby steps when trying to reach our goals?*
 - Make your baby steps follow the rules of **SMART Goals**
 - **Specific** (it is a goal that can be identified)
 - **Measurable** (you can measure the goal with progress)
 - **Attainable** (you can actually reach the goal)
 - **Realistic** (you will actually do the necessary steps to reach the goal)
 - **Time Based** (there is a time table for how long you spend on each baby step and how long it will take to you to reach your entire goal)

Sometimes trying to achieve a big goal can be intimidating. However, if we create little steps that are not overwhelming to complete, we will get closer to accomplishing our bigger goal. Think of it like a pizza. If you had to eat the whole thing at once, you might feel intimidated and may doubt your ability to complete the task. But, if you only focused on eating one slice at a time, it would be much easier for you to envision yourself accomplishing the task.

15 minutes: *What is the difference between a **short-term thinker** and a **long-term thinker**?*

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- *What does a short-term thinker's vision look like?*
 - *What is the mindset of a short term thinker?*
- *What does a long-term thinker's vision look like?*
 - *What is the mindset of a long term thinker?*

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- *What are two things that long-term thinkers think about each day?*
 - *What can I get done today?*
 - And what does this mean?
 - *What can I get done to better my future?*
 - What does this mean?
- *Who gets influenced by their distractions more often, long or short term thinkers?*
- *Why is it important to be a long-term thinker?*
 - *How do you become a long-term thinker? Creating goals/roadmap*
- **Maslow's Hierarchy:** Who here has ever heard of Maslow's Hierarchy of needs? (Draw this diagram on a board)



Explain each of the levels to the roadmappers.

One of the ways in which you can develop into a long term thinker is by moving yourself up on the hierarchy of needs. It is important that you address each level of the pyramid on your personal journey.

5 minutes: **Daily Objective**

- *What could you do in your life for 10 minutes a day that would bring you value?*
- *If you had an additional 10 minutes a day, what would you do to get better?*

This is the mindset of a long term thinker. They focus on making small changes that will produce long lasting, meaningful changes in their future. **Pg. 28**

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4 minutes: **Conclusion**, give out HW for next week:

- For next class write down 5 **SMART goal** steps on how you can reach your 1 year goal.
Read pg. 30-40
- What distraction will be the biggest deterrent from reaching your Year 1 goal?

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