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Vision I

Session 4



Session Outline:

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

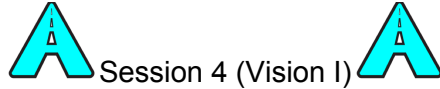
Session Outcomes:

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

Student Materials:

- Paper
- Pen/Pencil
- Alternative Roadmap Book

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Session 4 (Vision I)

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: *From 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.*
(Instructor 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?*
- *Why is having a vision important?* (Vision helps to create future growth. It gives us purpose and hope, feeding us the desire to live out our wildest dreams). **Pg 23**

15 minutes **Vision Creation:** Everyone open up to **page 25** and do the three exercises. Then share them in class.

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

- *Why is it important to take baby steps to our goals?*
 - Make your baby steps **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 do each baby step and a timetable for when you'll reach your big goal)

Sometimes seeing a big goal can be intimidating. If we create little steps then we can make it easier to accomplish. Think of it like a pizza. If you had to eat the whole thing all at once it would be scary. But what if you ate the pizza one slice at a time it would be much easier to think about.

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 students.

To be a long term thinker, you must be able to move yourself up on the hierarchy of needs. You have to take care of each level, that is one way to become a long term thinker.

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 how long term thinkers act. They take small changes that can give them long lasting change if they continue to do it. **Pg. 27**

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

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- For next class write down 5 **SMART goal** steps on how you can reach your 1 year goal.
Read pg. 28-37
- What distraction will be the biggest deterrent from reaching your Year 1 goal?