

CAN YOU IMAGINE?

Activity Title

101 Life Goals

Activity Description

This activity encourages learners to think outside of the box, and create a list of 101 Life Goals - big and small! - they want to achieve.

Learning Outcomes

By the end of this activity, learners will be able to:

- Describe why life goals are important
- Explain how time pressure can support the goal-setting process
- Generate a list of 101 things they'd like to accomplish in their lifetime!

Educator Guidelines

As a part of the "Can You Imagine?" series, this activity has been designed to help you, as an educator, to support possibility thinking in your students. This particular activity can be useful if you anticipate your students may need help generating ideas before they come up with their Can You Imagine? statements.

Materials Needed

A pen or pencil and paper, and a timer or clock.

READING: Why are life goals important?

Setting goals gives you long-term vision and short-term motivation. Setting goals can also:

- Help you discover what's important to you
- Measure your progress and give you a sense of achievement
- Let you feel in charge of your own future

READING: Why 101 Life Goals?

There are different methods of goal setting. Many are familiar with the "SMART" approach, ensuring each goal is Specific, Measurable, Achievable, Relevant and Timely (that's SMART!).

This is a powerful method! However, when it comes to dreaming big, this process can lead to overthinking the goal by trying to make it perfect, which can restrict creativity and out-of-the-box thinking.

CAN YOU IMAGINE?

With “Can You Imagine?”, we want to unleash your imagination! The 101 Life Goals method is all about brainstorming quickly, rather than crafting goals carefully. This way, we remove obstacles and get goal-setters thinking about what they *actually* want, not what they think they *should* want. By writing down a list of (you guessed it!) 101 goals, they’ll have a lot to get excited about. They might also gain some new insight into what’s important to them.

From this list, goal-setters can work on developing one or more goals that seem like really big, energizing ideas. You can read more about that next step in the Can You Imagine? Wall activity.

ACTIVITY: Creating a list of 101 Life Goals

This activity is simple!

- Set a timer for 20 minutes.
- Ask learners to write a list of 101 things they want to do within this time.
- Remind them that they should work quickly, and not think too much about the goals, or what they look like. Write like no one is watching! How you write your goals isn’t important - just get them down on paper.
- Let them know when the 20 minutes is up
- Ask: how did you find this experience? What was hard? What was easy? What did you learn about yourself? Did anything surprise you?
- Optional ideas:
 - Ask learners to share some of their life goals with a partner, or the class.
 - Ask learners to pair up and swap goal lists. Reading their partner’s list, what can they tell is really important to their partner? This is a great introduction to talking about personal values.

NOTES

It’s typical to experience bursts of ideas, followed by periods of time where learners feel stuck. Allow them to go through this cycle! What often happens is that after a few cycles, the really exciting ideas start pouring out.

For younger learners, 101 is a lot! Modify the number to one you think is appropriate. The number should feel large enough that they have to work quickly, and let their imagination take over!

We recommend that educators try this activity alongside learners, as it can have a huge impact on all ages! It’s also fun for students to hear some of YOUR goals too.

You can print the following pages for students to complete as part of the activity.

CAN YOU IMAGINE?

101 Life Goals Worksheet

Instructions

Under this page is a blank sheet of paper.

You have 20 minutes to come up with a list of 101 things you want to do or achieve. These can be big things, little things, and anything in between! It's important that you write your 101 goals under time pressure, so that you don't overthink. It's time to let your gut, your heart, and your imagination take over!

Let's get started... your 20 minutes begin now! If you run out of space, get another piece and keep going!

That's it! You did it! What's next?

- Share your goals, if you feel comfortable. You can share them with a teacher, family member or friend.
- Check your goals off when you accomplish them.
- Are there one or two goals that get you really excited? Consider them for the next activities in the "Can You Imagine?" series.