

Class 5

Creating Goals

Welcome



 **Speak Up**

Through the Speak Up Class we provide the language, knowledge and tools to ensure that you will have a powerful voice in leading your own Person-Driven Plan and are not afraid to confront, to listen, and to see new possibilities for your future.

Recap: Last Week's Big Ideas

Open your workbook to the big ideas you wanted to remember from last week.

Take a moment to reflect and talk to those around you.



Creating Personal Goals



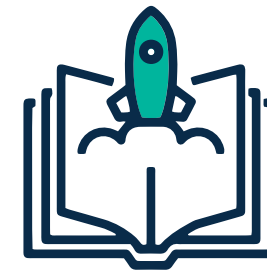
***Listen and consider what
her goals might be.***

Video Link: <https://youtu.be/wNmmu9osoGc>

At your table, discuss the following:

Based on what you heard,
what might her goals be?

Creating New Goals



In your groups, please discuss the following:

- Have you ever set goals?
- If so, what goals have you created, and how did it go?
- If you have not set goals, have you ever thought there is something you wanted? Did you take any actions to get what you wanted?
- Why would it be useful to set goals?
- If you set goals, what do you need to accomplish them?



Ashley's Goals

Spend
more time
with my
dad

Start a
disability
advocacy
You Tube
channel

Take a
dance
class



Brainstorm



***In your workbook, write 3 new goals.
They can be in the following areas:***

- Connections (family & friends)
- Fun
- Getting Healthy (food & exercise)
- Transportation
- Community Engagement
(activities to do in the community)



- Career (making money)
- Giving Back (volunteering)
- Education
- Your Living Arrangements
- Spirituality



*Share your
goals with
the people
around you.*

Dad

Dance

YouTube

Creating a Vision Board Using Google Slides

1. Take a look at your goals
2. Think of a couple of pictures that might represent your goal
3. Start a slideshow in your google drive
4. Title is your name and Goals
5. Go to Google and type in the name of the picture that you might want to choose to represent your goal
6. Click on images
7. Choose your picture
8. Right click on that picture and choose copy image
9. Go to your slide show and paste your image into a google slide
10. Do this for every goal you have
11. You can make one slide per goal or put all of your images on one slide-- your choice
12. Write at least one word to describe and inspire you for each picture

Share Your Goals and Dream Boards with your Table:



Please give comments and suggestions to your tablemates as they share.

Take notes as you listen.



Big Ideas From Today



What Do I Want to Remember?

Write at least three big ideas
in your workbook.

Add details that will help you
remember important information.

