

## Walking your goal

**This tool is stable the single steps which have to be taken in order to achieve the goal stated.**

The approach of this tool is to:

- Knowing the goal the youth is aiming for
- Finding the single steps, which have to be taken to achieve it
- Getting a feeling of the distance to go and
- Getting a feeling about what it means to have achieved every single step on the way

Ca. 60-90 min

Material: **4 m of sticky tape** to stick on the floor (or a 4 m string to stick on the floor, so it can't move) **moderation cards, marker/pen. Sticky tape**, to fix the cards on the floor

### Definition

**In case the youth has decided what** occupational pass he/she wants to follow, they have to start the planning in what to do next.

For example: Marc wants to become a hairdresser, but he has a history of being a drop out. Therefore he has no formal examine to start an apprenticeship. The big steps would be to finish school and to start the training afterwards.

...but this looks like a to big tasked to be done...

### Instruction sheet

1. **Brain storming:** Together with the coach Marc will discover every single step, like: finding the school to go, writing an application for the school, having an interview at the school, starting the first day, meeting new friends, learning for the first test, learning for the next... getting the results, holding the school certificate in the hands, applying for the apprenticeship, writing the job application, having the interview... and so on.
2. **Writing down:** Every single step will be written on a card.
3. **Fixing the card in the right order:** The cards will then put on the floor in order of appearance in the time line.
4. Start with where you now... and 3-4 m away is the goal, written on a card, stuck on the floor, at the end of the string. In-between every single step will have its place on the floor.
5. **Seeing what has to be done:** After all this brain storming, writing and sticking is done. The coach and the youth will look together at the long way to go.
6. **Now the youth will start to walk the line.** Literally the youth will step on the first card and then on the second, the third... and so on.

7. With every card he/she reaches she/he will go into the feeling of the position. How does it feel to be at this point? What I have been doing so far? What did I achieve already? What will come next?
8. After talking the step through with the coach, the youth can do the next step.
9. ...until he/she arrives at the goal targeted.
- 10.

The aim of the tool is:
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- Help to identify the main goal
- Help to identify the single goals in-between
- Help to get a feeling about achieving something
- Dividing the tasks in smaller proportions
- Verbalising the steps to do
- Knowing that every journey starts with the first step
- The distance will shorten if you start walking...
- To motivate to start
- Getting an idea about, how it could feel when the goal is achieved.

So: get started!!