

## Wellbeing Boost for Schools – Week Six – Direction 'Have Goals to Look Forward To.'

Welcome to our sixth Wellbeing Boost this term, which is about 'Direction – having goals to look forward to.' These five remaining boosts are more 'internal' in nature, possibly requiring us to dig deeper into ourselves. About 20 years ago I pursued an interest in Personal Development Coaching, being trained as a coach by Andrew Sercombe from [www.powerchange.com](http://www.powerchange.com). As a first question we were encouraged to ask 'What do you want?' It is a good question to ask of ourselves, because if we know what we want then we can move towards it. We can set goals for ourselves, short, medium and long-term goals and take actions to achieve those goals. If we don't know what we want, we have no direction and just respond aimlessly to everything around us. What do you want for yourself and the children?



### TAKING PERSONAL ACTION

If you want a challenging book about life then I would recommend 'Awaken the Giant Within,' by Anthony Robbins.

**GOALS** can motivate us

**GOALS** can provide meaning and purpose to life

**GOALS** achieved can give a sense of wellbeing and accomplishment

What is your most important goal over the next week? It may be tidying a cupboard, sorting photos, planning a project, doing an activity with your children or something else.

Make a list of your goals – do this for yourself first and then ask the children to do the same. Write down your goals for the longer term too – what might you like to be doing in 2, 5, 10 years? I am quite excited about plans for the next year and feel more motivated too.

**DASA** (from Andrew Sercombe, Powerchange™)

**Decide** what you want to do (write it down)

**Act** towards the goal (then do it!)

**See** what happens (Did you achieve what you wanted?)

**Adjust** if you need to (Modify what you decided, to achieve the outcome you want.)



### Setting Goals with Children at home or in school

1. Ask them to choose a goal to work towards this week.
2. Ask them to share that goal with someone.
3. Ask them to write it down.
4. Think about small steps needed to achieve the goal.
5. Plan the first step.
6. Work towards the goal.
7. Ask for help if they need it.
8. Keep going. (They may need their supporters/encouragers to do this!)
9. Celebrate with them when they have achieved their goal.
10. Ask them to tell you how they feel when working towards a goal.