

SELF MOTIVATION/PERSEVERANCE- I want to be- I want to do

1) NAME AND DESCRIPTION OF THE TOOL

I want to be - I want to do

This exercise is ideal for motivating people and helping them identify their true goals in life. Most people are aware of only a few objectives and desires. For the rest of, they don't think of them every day or even every month. Yet, if asked they still express their desire in possession of something or going through a particular experience.

This relates to what is known as the "law of attraction". This captures the simple principle that "like attracts like". If you are positive and think of positive goals most often, you are more likely to get them. If you don't think of these goals and you are not constantly aware of them, you are less likely to reach them.

This tool helps you demonstrate the power of this important law and also allows people to realise which areas of their lives needs more attention.

2) OBJECTIVES OF THE TOOL

- Identify true goals in life.
- Reflect on and become aware of your life goals.
- Realise which areas of their lives needs more attention.

3) CONNECTION OF THE TOOL WITH THE ENEMY

This tool is closely linked to self-motivation. This is defined as the drive to achieve your goals or needs. However, finding your motivation can be a challenge. It is useful to understand what motivation means to you, so that you can find your own ways to motivate yourself. It is influenced by how much you want the goal, what you stand to gain, your personal expectations.

4) RESOURCES & MATERIALS

- Papers
- Blue and red pen



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5) IMPLEMENTATION OF THE TOOL

There are three stages in this tool. Ideally you should run stage one at the beginning of the session and stage two towards the end of the session. The delay between the two stages is important as it gives an opportunity for incubation of ideas. The purpose of the last stage is to get feedback on the tool.

Explaining the Exercise: 2 minutes

STAGE ONE: 5 minutes

- Ask participants to write a list of all things they want to do. They can list, or a mind map.
- Participants should identify all the areas they are interested in. They should write not-stop using the blue pens. Explain that they should not worry about spelling mistakes or style. It is important to get what they have in mind on paper as quickly as possible.
- Explain that participants don't have to share anything they don't want with others, so should be as honest as they can with themselves as they go through this exercise.
- Allocate 5 minutes for this part. The allocated time for this part should be fairly short. Your aim is to force participants to record what they are totally aware of now, without thinking too hard. As a variation, you can consider allowing even less than 5 minutes.

STAGE TWO: 10 minutes (5 min sharing + 2 min reflection + 3 min adding more goals)

- At the end of the session, ask participants to share parts of their lists with others. They are free to share whatever they want or whatever they don't want. The purpose is to inspire others on ideas.
- Now explain that anything they have not included in their lists or mind map is something they are not going to have in life. In other words, if it is not in their lists, they will not get it!
- Pause. Let people think about this for a while. Let them truly realise the implication of this; that when they are not aware of a specific desire, it is very unlikely for them to get it. This is because they are not thinking about it, and therefore not doing anything to make it easier for themselves to get it. They are just relying on chance. It is just a wish they had; not something they truly wanted. If they don't do something about getting it, then they won't get it!
- Allow a few minutes of reflection and possible discussions and comments.
- Ask participants to go back and think of anything they have missed. They should add these to their lists or mind maps with the red pens. Ask participants to be as honest as they can.
- Allocate 3 minutes for this part.

STAGE THREE: Group feedback: 10 minutes

- Follow with a discussion. You can use the following questions as examples:
 - What do you think of this exercise?
 - Were you surprised by the results?
 - Did you miss a lot of important goals and ended up adding them in red?



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- What does this suggest?
- What are you going to do in the future in order to remain conscious of your most important goals?
- Does this help you become proactive in achieving your goals, as opposed to waiting for them to happen?

6) WHAT TO LEARN

- This tool helps to recognise and understand that not everyone is motivated by the same reasons. Each person has his or her own motivations.
- It helps you clarify and identify your goal so you know exactly what you're working towards.
- It helps you to focus and make a commitment to seeing your goal accomplished.

