



Future Thinkers

LESSON

LEARNING & DEVELOPMENT OUTCOME

Participants will leverage relationships with peers while planning and managing goals and expectations for the future.

MATERIALS

None

AGE ADJUSTMENTS

This lesson is appropriate for all ages.

Lesson Plan

Introducing the Lesson

- Have a brief conversation about the pros and cons of leaving things up to chance.
- Have a brief conversation about the pros and cons of planning for the future.

Experiencing the Lesson

- Have everybody find a partner to work with.
- Have each pair discuss each of the following prompts:
 - What is one goal you have for tomorrow, and what can you do today to help achieve it?
 - What is one goal you have for next week, and what can you do this week to help achieve it?
 - What is one goal you have for next month, and what can you do this month to help achieve it?
 - What is one goal you have for next year, and what can you do this year to help achieve it?
- After each pair has had time to discuss each of the prompts, have a few participants share out what they talked about.

Closing the Lesson

- End with a discussion about long-term versus short-term goal planning.

After the Lesson

- Make note of the goals and action plans that participants share and follow up with them periodically to see how they are doing with accomplishing their goal.

What if a participant thinks that leaving things up to chance is better?



"Reassure them that both approaches are beneficial at different times but when it comes to goals it can often be helpful to plan ahead."



Walk around and check in on the pairs as they discuss. If some finish earlier than others, encourage them to go into greater detail with their plans to achieve their goals.



Further Exploration

- Have each participant pick one long-term goal that they want to plan for in more detail.
- Have them use the Goal Planning worksheet to come up with a detailed plan for accomplishing their goal.
- Encourage them to work with a partner to help come up with the steps to take



Get Creative

- Have each participant write a short story about a character who sets a goal, takes steps to work towards the goal, and then accomplishes the goal.
- Let participants read their stories aloud to the group or to a partner.

Online

- To facilitate this lesson online, put each participant into a breakout room with a partner to discuss the prompts.
- Then, close the breakout rooms and discuss as a large group.





Goal Planning

What is one goal you have for the future?

What steps can you take **today** to work towards this goal?

What steps can you take **this week** to work towards this goal?

What steps can you take **this month** to work towards this goal?

What steps can you take **this year** to work towards this goal?

Worksheet for: Future Thinkers