

# Session 2—Collaborative Assessment



## Most Important Task for this Session:

- Identify participants' strengths and reasons why they might want to achieve their goal.

### Agenda

1. Check-in
2. Review In-Session 1 Worksheet—**Areas to Improve**, and share goals
3. Discuss past successes and identify strengths—distribute the In-Session 2 Worksheet—**24 Personal Strengths**
4. Complete the In-Session 2 Worksheet—**Reasons for Wanting to Achieve My Goal**
5. Assign the Session 2 At-Home Worksheet—**Think About It. Assessing My Goal**

### 1. Check-In

**Facilitator-led activity:** Option to begin by asking participants to say their name followed by a quick check-in/icebreaker. Answer any questions that arose after the first session. Reinforce for bringing their folder back and arriving on time. If a participant didn't bring their folder or lost it, spend time troubleshooting and provide a new folder.

### 2. Review the In-Session 1 Worksheet—Areas to Improve

**Facilitator-led Activity:** Ask participants to:

1. Get out their In-Session 1 Worksheet—**Areas to Improve** and share the **three top goals** they identified.
2. Choose the **ONE** goal they feel is most important to them.
3. Share this goal and **elaborate** on why it is an important goal.

Listen for **ambivalence** and respond with MI. Let this time be relaxed and supportive but carefully ask questions to increase **Change Talk**. Listen for how motivated participants sound. Is the goal personally meaningful?

### 3. Discuss Past Successes and Identify Strengths that Helped with the Goal

**Facilitator-led activity:** Ask participants to share:

1. An achievement or accomplishment from the past (anything from applying for a job, going to school, or attending AA—everyone has achieved a goal in the past that improved their life in some small way). If they are having trouble generating an example, coming to the IMPACT group can be used as the “achievement.”
2. How it felt to achieve the goal, and, if possible, reflect on how they felt before they did it and how they felt after (i.e., thinking it will be much harder than it was).

Listen as they talk, and write down the behaviors, mindsets, and skills they used on the board or shared screen. Participants can refer to the list of strengths on the In-Session 2 Worksheet—**24 Personal Strengths** to help generate ideas. Write down these strengths because you will use them in Session 6. (Facilitators should give participants a little time to read the Worksheet.)

Talk about how those same strengths (that they possessed) are the ones that will help them reach their current goal. Discuss ways to build on an experience of success for future success (even if it was a long time ago).

After discussing, return to the current top three goals. Talk about how the characteristics and skills they already possess are relevant to the number one goal on the list. Try to be strength-focused.

## Reflections on Achieving a Goal

(List generated from past participants)



### 4. Complete the In-Session 2 Worksheet—Reasons for Wanting to Achieve My Goal

**Facilitator-led activity:** Distribute (or ask participants to get out) the In-Session 2 Worksheet—Reasons for Wanting to Achieve My Goal. Ask participants to:

1. Checkmark all potential benefits they think would be associated with achieving their goal.
2. Count the number of checkmarks and write the number next to their goal on the board.

Listen and make a note of helpful/unhelpful thoughts that may surface (common [defeatist beliefs](#) related to quitting/failing in the past and feeling those same events/obstacles will re-arise).

In our experience, it works best if participants focus on **one goal** at a time.

Participants can proceed to their second goal if they complete their first goal before the 12 weeks.



## 5. At-Home Practice



Review the Session 2 At-Home Worksheet—**Think About It —Assessing My Goal**. (Read aloud and answer any questions).

1. Help participants fill in the first question about categorizing their goal.
2. Request they complete the rest of the Worksheet at home and bring it back with their folder for the next session.

## In-Session 2 Worksheet—24 Personal Strengths

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Love of learning



You love learning new things, whether in a class or on your own. You have always loved school, reading, and museums—anywhere and everywhere there is an opportunity to learn.

### Bravery and valor



You are a courageous person who does not shrink from threat, challenge, difficulty, or pain. You speak up for what is right even if there is opposition. You act on your convictions.

### Honesty, authenticity, and genuineness



You are an honest person, not only by speaking the truth but by living your life in a genuine and authentic way. You are down to earth and without pretense; you are a "real" person.

### Capacity to love and be loved



You value close relations with others, in particular those in which sharing and caring are reciprocated. The people to whom you feel most close are the same people who feel most close to you.

### Modesty and humility



You do not seek the spotlight, preferring to let your accomplishments speak for themselves. You do not regard yourself as special, and others recognize and value your modesty.

### Caution, prudence, and discretion



You are a careful person, and your choices are consistently prudent ones. You do not say or do things that you might later regret.

### **Gratitude**



You are aware of the good things that happen to you, and you never take them for granted. Your friends and family members know that you are a grateful person because you always take the time to express your thanks.

### **Humor and playfulness**



You like to laugh and tease. Bringing smiles to other people is important to you. You try to see the light side of all situations.

### **Judgement, critical thinking, and open-mindedness**



Thinking things through and examining them from all sides are important aspects of who you are. You do not jump to conclusions, and you rely only on solid evidence to make your decisions. You can change your mind.

### **Perspective (wisdom)**



Although you may not think of yourself as wise, your friends hold this view of you. They value your perspective on matters and turn to you for advice. You have a way of looking at the world that makes sense to others and to yourself.

### **Industry, diligence, and perseverance**



You work hard to finish what you start. No matter the project, you "get it out the door" in timely fashion. You do not get distracted when you work, and you take satisfaction in completing tasks.

### **Kindness and generosity**



You are kind and generous to others, and you are never too busy to do a favor. You enjoy doing good deeds for others, even if you do not know them well.

### **Leadership**



You excel at the tasks of leadership: encouraging a group to get things done and preserving harmony within the group by making everyone feel included. You do a good job organizing activities and seeing that they happen.

### **Forgiveness and mercy**



You forgive those who have done you wrong. You always give people a second chance. Your guiding principle is mercy and not revenge.

### **Curiosity and interest in the world**



You are curious about everything. You are always asking questions, and you find all subjects and topics fascinating. You like exploration and discovery.

### **Citizenship, teamwork, and loyalty**



You excel as a member of a group. You are a loyal and dedicated teammate, you always do your share, and you work hard for the success of your group.

### **Fairness, equity, and justice**



Treating all people fairly is one of your abiding principles. You do not let your personal feelings bias your decisions about other people. You give everyone a chance.

### **Self-control and self-regulation**



You self-consciously regulate what you feel and what you do. You are a disciplined person. You are in control of your appetites and your emotions, not vice versa.

### **Spirituality, sense of purpose, and faith**



You have strong and coherent beliefs about the higher purpose and meaning of the universe. You know where you fit in the larger scheme. Your beliefs shape your actions and are a source of comfort to you.

### **Zest, enthusiasm, and energy**



Regardless of what you do, you approach it with excitement and energy. You never do anything halfway or halfheartedly. For you, life is an adventure.

### **Social intelligence**



You are aware of the motives and feelings of other people. You know what to do to fit in to different social situations and you know what to do to put others at ease.

### **Appreciation of beauty and excellence**



You notice and appreciate beauty, excellence, and/or skilled performance in all domains of life, from nature to art to mathematics to science to everyday experience.

### **Hope, optimism, and future-mindedness**



You expect the best in the future, and you work to achieve it. You believe that the future is something that you can control.

### **Creativity, ingenuity, and originality**



Thinking of new ways to do things is a crucial part of who you are. You are never content with doing something the conventional way if a better way is possible.

This worksheet has been adapted from the source: © 2005 Christopher Peterson.



## In-Session 2 Worksheet—

### Reasons for Wanting to Achieve My Goal

Name: \_\_\_\_\_

Date: \_\_\_\_\_

My goal: \_\_\_\_\_

Checkmark all that apply to your goal.

|              |                                                              |
|--------------|--------------------------------------------------------------|
|              | I would have more money for things                           |
|              | I would feel better about myself                             |
|              | I would be healthier                                         |
|              | I might be a better parent/friend/neighbor                   |
|              | I would get more done                                        |
|              | I could buy the things I want                                |
|              | I would look better                                          |
|              | I might live longer                                          |
|              | I would feel less stressed                                   |
|              | I would have more independence                               |
|              | I would be less lonely                                       |
|              | I would have more self-esteem                                |
|              | I could get around town independently                        |
|              | My body would be healthier                                   |
|              | I would get along better with my family                      |
|              | My physical appearance would be improved                     |
|              | My family and friends would have a more positive view of me  |
|              | I would be less likely to get in trouble with the law        |
|              | I could save up money to buy something I really want         |
|              | I would benefit from having more structure in my days        |
|              | I would feel a sense of purpose                              |
|              | I wouldn't feel bad or sick from hangovers                   |
|              | I would start to have meaningful relationships               |
|              | I would feel that I would be able to help my community       |
|              | I could learn about topics that interest me                  |
|              | I would live a life that is less risky                       |
|              | I would feel like I am living my life according to my values |
| <b>Other</b> |                                                              |

## Session 2 At-Home Worksheet— Think About It. Assessing My Goal

Name: \_\_\_\_\_

Date: \_\_\_\_\_

The area of my life I would like to improve: (Check one)

Work ☐ Education ☐ Health ☐ Hobby ☐ Independence ☐  
Connections ☐ Other ☐

The first specific goal I want to work on is:

How long have you been thinking about this goal? (Check one)

Days ☐ Weeks ☐ Months ☐ Years ☐

Have you tried to reach this goal before? Yes ☐ No ☐ If yes, what happened?

Who, in your life, will support this goal?

Who, in your life, will NOT support this goal?

How can your family and friends help? (Be specific)

How can your family and friends hurt your progress? (Be specific)

What (if any) are the resources that can help you reach this goal?