

Session 4—Planning the Steps



Most Important Task for this Session:

- Each participant outlines the steps to reach their goal.

Agenda

1. Check-in
2. Review the Session 3 At-Home Worksheet—**Focusing on My Goal**
3. Conduct goal ladder exercise using the In-Session 4 Worksheet—**Goal Ladder**
4. Assign the Session 4 At-Home Worksheet—**Weekly Goal Guide**

1. Check-In

Reinforce for arriving on time and bringing back the folder.

2. Review Session 3 At-Home Worksheet—Focusing on My Goal

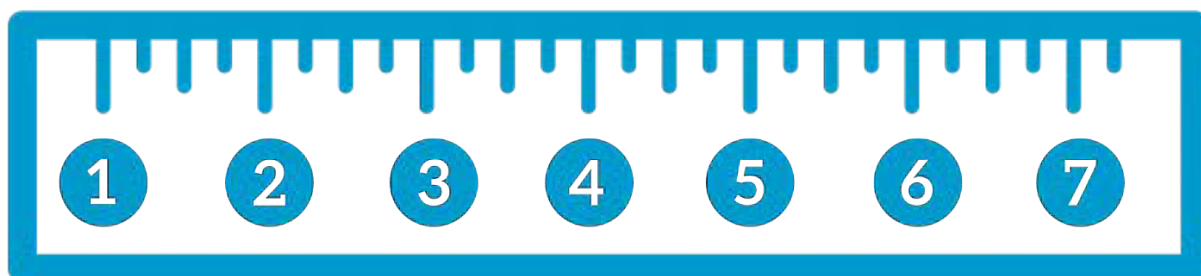
Facilitator-led activity: Explain to participants that each session will now begin by answering these four questions during the check-in that are typed on the shared screen or written on the board. If necessary, explain the questions and guide participants to answer them fully and succinctly. Use MI as necessary for any **ambivalence**.

Note: Discussion of items three and four should take at least 20 minutes in a group setting.

1. What is your long-term goal (where would you like to be one year from now)?
2. What is your 3-month goal?
3. Will you please share your Session 3 At-Home Worksheet—**Focusing on My Goal**?

4. “What is your **Motivation Rating** today on a scale of 1 to 7?” (Scale 1; “Not at all Motivated” – 7; “Extremely Motivated”). Use the ruler as a visual aid.

Motivational Rating on a Scale of 1-7



Not at all motivated

Somewhat motivated

Extremely motivated

Suggested facilitator dialogue: “You chose a _____. List three reasons why you chose this and not a lower number.”

3. Conduct the Goal Ladder Exercise

After participants have shared their goal (and reflected), introduce the concept of [ordering the behavioral steps to reach an ultimate destination or goal](#).

Facilitator-led activity: Draw or display the example [Goal Ladder](#) on the board or computer screen. An example of a completed goal ladder is also provided.

1. Ask participants to get out their Session 3 At-Home Worksheet—**Focusing on My Goal** and the In-Session 4 Worksheet—**Goal Ladder**.
2. On their **Focusing on My Goal** Worksheet, ask participants to number the steps in the order they might take toward reaching their goal.
3. Choose four to eight steps and write them on the lines of the ladder of the In-Session 4 Worksheet—**Goal Ladder**. Use sub-steps if necessary.



What steps can you take to reach your 3-month goal this year?



3-MONTH GOAL:

Step 8:

Step 7:

Step 6:

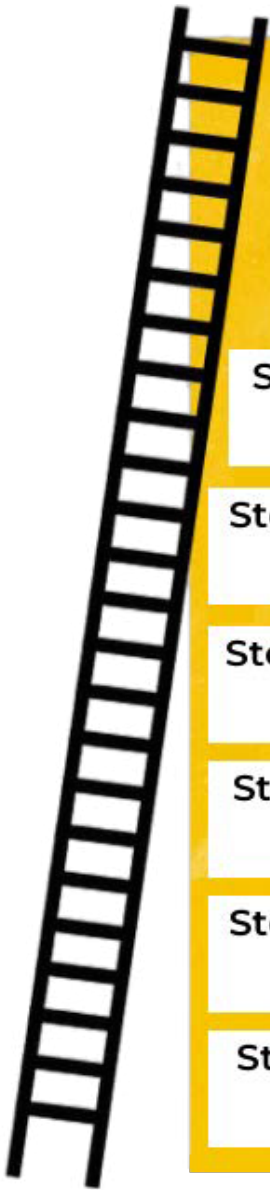
Step 5:

Step 4:

Step 3:

Step 2:

Step 1:

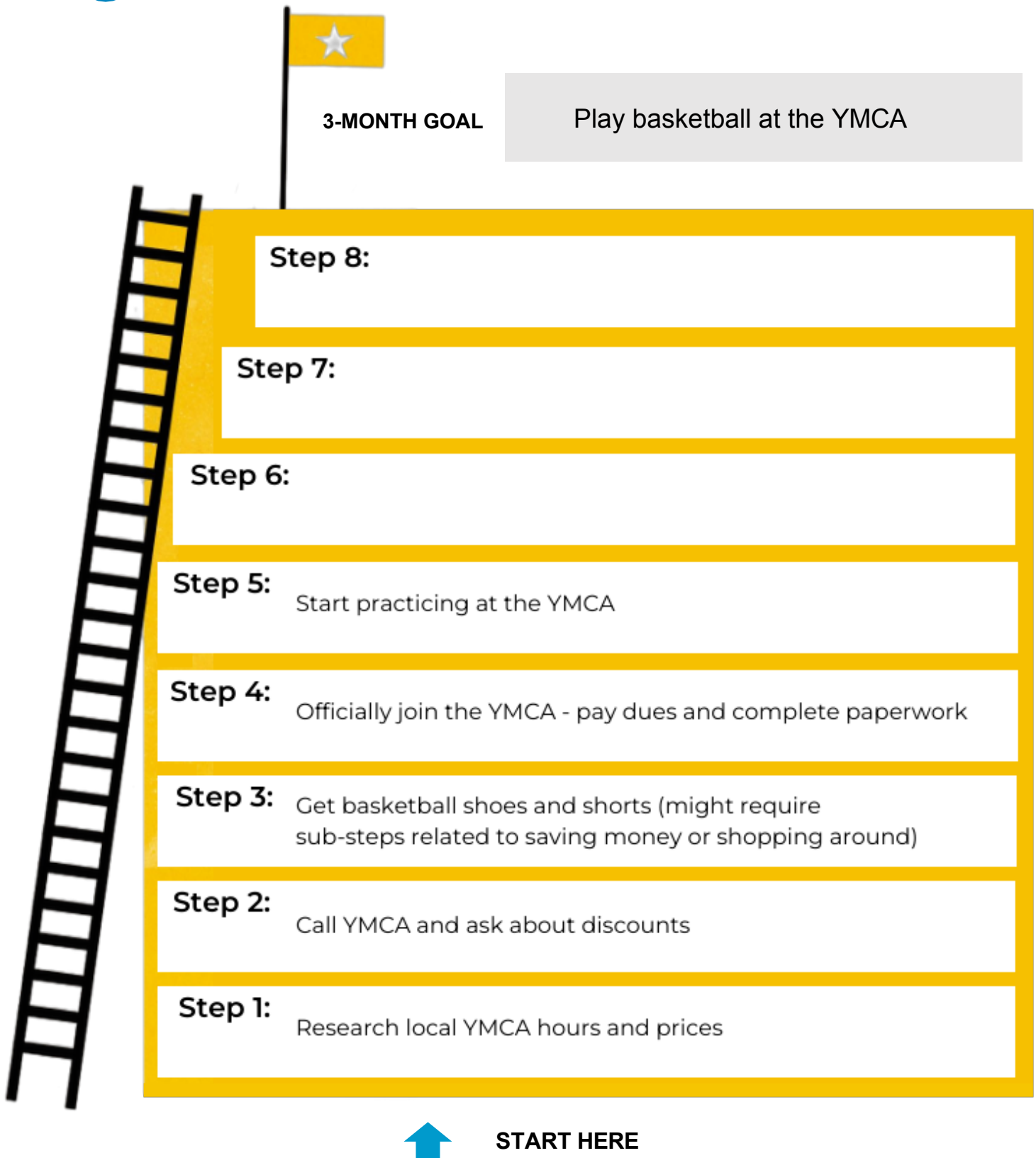


START HERE

In-Session 4 Worksheet Example—Goal Ladder



What steps can you take to reach your 3-month goal this year?



1. At-Home Practice



1. Hand out the Session 4 At-Home Worksheet—**Weekly Goal Guide** and explain how to fill it out. An example of a completed Worksheet is provided.
2. Help them fill in the first question about categorizing their goal(s) for the week.

Using the Worksheet, do individual work to identify the **two small steps** participants will take during the week as initial steps towards the goal. If the group has a co-facilitator, this is a good time for each leader to spend individual time with participants or for participants to partner up and start working on the **Weekly Goal Guide**, receiving assistance as needed.

At-Home Worksheet—Weekly Goal Guide

Name: _____

Date: _____

Three-month goal: _____

Create your small steps for this week (one to two goals):

Step 1. _____ **Step 2.** _____



1. Work to complete all your TO-DO's during the week.
2. Write in the OUTCOME boxes whether you completed them.
3. Describe any obstacles that came up.

	MON	TUE	WED	THU	FRI	SAT	SUN
TO-DO's							
OUTCOME (What happened)							

Example Worksheet—Weekly Goal Guide

Name: _____

Date: _____

Three-month goal: **Improve health**

Create your small steps for this week (one to two steps):



Step 1. Workout **Step 2.** Go to the beach

1. Work to complete all your TO-DO's during the week.
2. Write in the OUTCOME boxes whether you completed them.
3. Describe any obstacles that came up.

	MON	TUE	WED	THU	FRI	SAT	SUN
TO-DO's		Workout		Visit park	Workout	Walk to beach	
OUTCOME (What Happened)		Good, ran park trail		Was too busy to go. Will go Saturday.	Good, used park for exercise	Serenity & music, at the beach; also went to the park	