

Getting to Your Goals

Objective: Allow students to recognize that goal setting and decision-making is important in life and needed to succeed.

Materials:

- One auction list handout per person
- One pencil per person
- Two boxes of toothpicks
- 100 miniature marshmallows for every five people

20 to 25 minutes; Auction Block

- Give each participant an auction list handout. Explain to them that they have \$2,000 to bid on the items from the list. The items will be auctioned off one at a time. All bids must be in increments of \$100. The item will go to the highest bidder. This will be run like a regular auction – each person will get time before the auction begins to look down the list and see what they want to bid and how much they might offer. This amount should be written in the column marked “proposed bid” They aren’t held to the amount but it lets them think what the worth might be to them. During the auction everyone should keep track of how much it was sold for and who won the bid. After all the items are auctioned off there will be some students with money left
- Tell the students before you begin that anyone who has \$500 or more left at the end can spend their entire remaining amount on one of the three secret boxes after the auction is complete. These three boxes can be sold to as many people as have the money and wish to buy them. This part is NOT a bidding process. Do NOT tell them what is in each of the three boxes. The boxes will contain the following:
 - Box 1 - You bought a lottery ticket and won a million dollars
 - Box 2 - You dropped out of high school and took a job at below minimum wage with no chance of advancement
 - Box 3 - You graduated from high school, went to college and took a job that pays reasonable salary, but you dislike what you do
- This activity is played to show where our values and goals lie. What you are willing to spend your money on gives you an idea of what you think is important. Those with money left over at the end have no real strong goals as

of yet, or at least none that were on the list. The secret boxes at the end of the auction are used to show that if you don't know where you are headed, then you will just end up with whatever life hands you. The reason you had money at the end of the auction could be because you didn't feel strong enough about anything on the list to bid all you had. Goal setting helps you give direction to your life. As you mature and find your values or lifestyle changing, your goals can be adjusted accordingly.

- Why did some items sell for more than others?
- Why were some people willing to bid more on one thing than on another?
- What does this tell us about the value people place on different things in life?
- Why didn't everyone want the same items?
- Were there any items you wanted to bid on but were afraid other people would say or think something different about you because of it?
- Were there any items not bid on? Why?
- What does the overall bidding tell us about our group?
- Does this type of activity give us any indication about what we feel is of value to us in life?
- How did you feel when all of your money was gone?
- How did you feel if you had money left at the end of the auction?
- Did any of you consciously save money to be able to purchase a secret box? Why or why not?
- How did those people who bid on the secret boxes feel about their purchase?
- How can we apply this activity to real life?
- What are some of the things that you would be willing to work really hard for to accomplish?

15 to 20 minutes; I'll Bet You Can't

- Have the class line up in two lines facing each other
- The first two people in each line will walk side-by-side down between the lines
- They must keep their eyes up and walk at a normal pace down the aisle
- The goal is to reach the end of the line without cracking a smile.
- If one of the two walkers smile before they reach the end of the line, then they join the other team's line
- If both walkers smile while passing through the gauntlet, they each join the opposing team's line
- The job of the people standing in line is to get the walkers to smile...they can do whatever they want except touch or harm the walkers

- The team with the most players in their line at the end of the game is the winner

Review

- Did anyone find it hard not to smile as they walked down the line? Why?
- What kinds of behavior did the others use to make you smile?
- What kinds of behaviors were the most effective on you?
- Were these the same for everyone? Why/Why not?
- Were there certain people that were better at making you smile?
- How did you feel when you were trying to get other people to smile?
- Was it easy to make people smile even when they didn't want to?
- How can we apply this activity to peer pressure? Goal setting?
- How much concentration did it take to keep you from smiling?
- Why is it easier to accomplish something when you concentrate on it?
- What role does your behavior play in accomplishing your goals?
- Which is more important...the way you think about reaching a goal or the way you act when trying to reach a goal? Why?
- What role do other people play in you reaching your goals
- How can other people help you reach your goals?
- How can other people hinder you in trying to reach your goals?
- What could the people in this activity have done to help you reach the end of the line without smiling?

20 minutes; Marshmallow Tower

Divide the group into groups of five people.

- Give each group a handful of toothpicks and a pile of miniature marshmallows.
- Explain that the object of the activity is to have each small group build the tallest, free standing tower that they can.
- Explain to them that they have ten minutes to complete the tower.
- In exactly ten minutes, you will call time and every team must take their hands off their tower.
- After 20 seconds, you will judge the tower to see which one is the tallest. That means that the tower must still be standing, without any help from the group or any other devices for twenty seconds.

Review

- Did you come up with a plan before it started or did you just start and make changes as you went? Was this a good or a bad method? Why?

- Was a leader chosen in your group? Did one emerge? How was your group led?
- Would you change anything if you did this activity again?

Auction List

- | | |
|---------------------------------------|--|
| 1. To be a famous rock star | 16. To be a successful artist |
| 2. To never be sick | 17. To live a long life |
| 3. To be extremely smart | 18. To own whatever car I would like |
| 4. To be a famous sports star | 19. To marry a good looking person |
| 5. To be beautiful | 20. To have a successful business |
| 6. To be President of the USA | 21. To live in a mansion |
| 7. To have a great looking body | 22. To be liked by everyone |
| 8. To be a famous model | 23. To be a famous movie star |
| 9. To be a school teacher | 24. To help the homeless problem |
| 10. To graduate from a famous college | 25. To have a lot of close friends |
| 11. To never have pimples | 26. To be happy in life |
| 12. To help underprivileged children | 27. To be a millionaire |
| 13. To be a doctor | 28. To help others |
| 14. To be a successful politician | 29. To travel around the world |
| 15. To raise happy children | 30. To have a great relationship with my parents |

Record at the bottom how much you spend on successful bids...do not bid when you have spent your \$2,000. If you have \$500 or more at the end you may purchase a secret box.