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Emotional Workshop Visualizing One's Goals



Objectives:

- To encourage participants to explore and articulate their aspirations, both personal and professional, in a structured and imaginative way.
- To foster collaboration and creative thinking by visualizing future success and celebrating achievements.
- To enhance self-awareness and motivation through reflection on potential goals and milestones.

Key Components:

- Goal exploration and brainstorming
- Reflection on achievements and success
- Creative visualization of aspirations
- Collaborative sharing and discussion

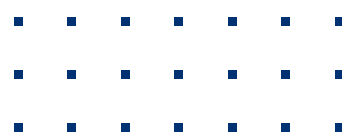
Duration:

50 minutes



Workshop:

Visualizing One's Goals



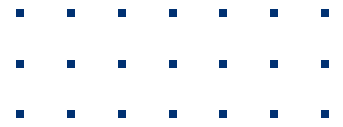
Workshop Overview

Welcome to the workshop “Visualizing One’s Goals.” Today, we’ll embark on a journey of self-discovery and creative goal-setting. This session is designed to help you explore your aspirations, reflect on your future achievements, and celebrate success in a collaborative and engaging way. By the end of this workshop, you will have a clearer vision of your goals and feel inspired to turn them into reality.

We’ll be working through five structured activities. Here’s what we’ll cover:

- **Workshop Introduction and Overview (5 minutes):** we’ll start with a brief introduction to the workshop objectives and structure. This will help us set the stage for an engaging and productive session.
- **Wouldn’t it be Fantastic if... (10 minutes):** you’ll begin by brainstorming your personal and professional aspirations, completing the phrase “Wouldn’t it be fantastic if...” as many times as you can. Then, you’ll share and refine these ideas in small groups, selecting the most compelling ones to display.
- **Reflecting on Success (5 minutes):** in pairs or small groups, you’ll fast-forward to the end of 2025 and imagine you’ve achieved your selected goals. Reflect on what you’ve accomplished, how it feels, and how your life has changed.

Workshop: Visualizing One's Goals



Workshop Overview

- **Creating a Visual Celebration (15 minutes):** together with your group, you'll create a visual representation of your success. This could include headlines, sketches, awards, or social media posts that celebrate the fulfillment of your goals.
- **Sharing and Reflecting (10 minutes):** we'll conclude by sharing and discussing your visual canvases with the entire group. This is a chance to celebrate each other's visions and draw inspiration from the collective creativity.

By the end of the workshop, you'll leave with a deeper understanding of your aspirations and a renewed sense of motivation to pursue your goals. Let's get started!



Workshop: Visualizing One's Goals



“Wouldn’t it be Fantastic if....”

This activity is a great way of getting everyone into exploring aspiration and potential and opening up everyone’s thinking. Let’s work individually, using sticky notes, or a pen and paper. Start writing: “Wouldn’t it be fantastic if...”, and then complete the sentence as many times as you can, with what you would like to achieve. We can put an end date for this, let’s say for instance:

Wouldn’t it be fantastic if I achieved a healthier work-life balance by the end of 2025?”

Take a few minutes to think of 15 to 20 things and I’m sure you will be really surprised with what you’ll come up with. This statement phrasing gives you permission to **think big and to explore possibilities.**



Workshop: Visualizing One's Goals



“Wouldn’t be Fantastic if....”



Now that you had some minutes to work alone on this, get in pairs or small groups (no more than 3 or 4 people) to talk about the statements you came up with, select the most compelling ones as a group or pair, and stick them to the wall or to the board, so that we can use them in the next activity.

Workshop: Visualizing One's Goals



Reflecting on Success

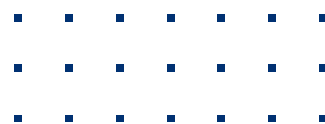
Now that we've explored our aspirations with the "Wouldn't it be fantastic if..." activity, let's fast-forward in our imaginations to the end of 2025. Working in the same pairs or small groups, imagine that you've achieved the goals you've identified - the ones that felt the most exciting and meaningful to you. Let's begin by taking a few quiet moments to reflect. Think about the following questions:

- *What have you achieved?*
- *How does it feel to have reached these milestones?*
- *What is your life like now that these goals have become a reality?*

Write down a few of these thoughts on a piece of paper or sticky notes. Don't hold back - let yourself fully imagine the success and celebrate it in your mind. You have 5 minutes for this.



Workshop: Visualizing One's Goals



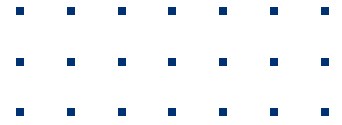
Creating a Visual Celebration

Now, imagine that your achievements have made headlines, and you are being celebrated in various ways. Together as a group, create a visual canvas that showcases the success of your shared goals. Here are some ideas to get you started:

- **Headline News:** What would the headline of a newspaper or magazine article say about your success or achieved goal? Write it down in big, bold letters.
- **Snapshots of the Future:** Imagine someone took a photo capturing the essence of your achievement - what would it look like? Sketch or describe it.
- **Awards and Recognition:** If your success were to win an award, what would it be called? Draw a small badge or trophy for it.
- **Social Media Buzz:** Imagine posts celebrating your success or achieved goal on Instagram or LinkedIn. What would they say? Write one or two posts and hashtags that capture the excitement.

Use white posters, markers, colored pens, or any materials you have here to bring your ideas to life. Stick your creations on the wall so we can all see and celebrate each other's visions of success. You'll have 15 minutes to work on this.

Workshop: Visualizing One's Goals



Sharing and Reflecting



Once everyone has finished, we'll take a few minutes to walk around the room and look at each group's celebration canvas. As you do, think about:

- What resonates with you about the goals or achievements you see?
- How can you support yourself or others in making these aspirations a reality?

Afterward, each group will briefly present their canvas to the whole class. Share the most exciting parts of your vision and what made you feel inspired while creating it.



Workshop: Visualizing One's Goals

Instructions for Teachers

- **Objective:** to facilitate a supportive and collaborative environment where participants engage in structured activities to identify, visualize, and celebrate their goals through creative thinking and group discussions.

Duration: 50 minutes

Materials Needed:

- Projector and screen
- Sticky notes or small pieces of paper
- Sheets of paper (A3/ A4 format)
- Pencils, pens and markers (variety of colors)
- Large sheets of paper or posters to hang on the walls
- Tape or adhesive for displaying materials on walls or boards
- Access to a board or large display space



Workshop: Visualizing One's Goals

Workshop step by step

Step 1. Workshop Introduction and Overview (5 minutes)

Introduce the workshop objectives and structure. Explain the activities and the goal of visualizing one's aspirations in a creative and collaborative way. Set a positive and encouraging tone.

Step 2. Wouldn't it be Fantastic if... (10 minutes)

Guide participants to individually write as many "Wouldn't it be fantastic if..." statements as possible, with an end date (e.g., by the end of 2025). Once they finish, divide them into small groups to discuss their ideas and select the most compelling ones to display on the wall or board. Support participants who may struggle to start by providing examples.

Step 3. Reflecting on Success (5 minutes)

Ask participants to imagine it's the end of 2025 and their goals have been achieved. Encourage quiet reflection and group discussion about what they've accomplished and how it feels. Ensure they write down their reflections to build on in the next activity.



Workshop: Visualizing One's Goals

Workshop step by step

Step 4. Creating a Visual Celebration (15 minutes)

Help groups create a visual canvas celebrating their goals, using posters and markers. Suggest formats such as headlines, drawings, awards, or social media posts. Ensure groups stay on track and offer creative suggestions if they need inspiration.

Step 5. Sharing and Reflecting (10 minutes)

Facilitate a gallery walk or brief presentations where each group shares their visual canvases. Encourage the class to provide positive feedback and discuss shared themes or inspirations.





Tips for teachers:

- **Encourage Participation:** create a warm and supportive atmosphere to help participants feel comfortable sharing their aspirations.
- **Provide Examples:** be prepared to offer sample “Wouldn’t it be fantastic if...” statements or ideas for visualizations to inspire creativity.
- **Be Flexible:** adapt activities to the group’s pace and energy level. Allow extra time if participants are particularly engaged in a step.
- **Foster Inclusivity:** ensure that quieter participants are given space to contribute during group discussions.



Workshop: Visualizing One's Goals

Follow-up Assignment:

Ask participants to choose one goal from their “Wouldn’t it be fantastic if...” list that feels most exciting or achievable. At home, they will:

- Write Down One First Step: identify and write one small, simple action they can take in the next week to move closer to their chosen goal.

For example:

*“Research a local art class,” “Call a friend to discuss my idea,”
or “Set aside 15 minutes daily for exercise”.*

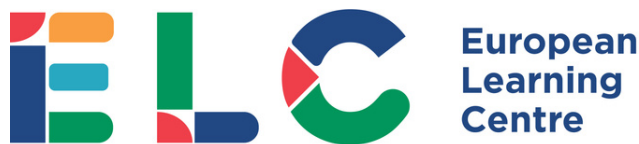
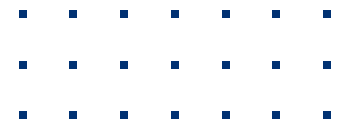
- Set a Reminder: Encourage them to set a reminder (on their phone or calendar) to complete this step within the week.

Optional: in the next session, invite participants to briefly share what step they took and how it felt to make progress toward their goal.





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