



Activity 9.5

Goal Setting – Documenting Your Vision

Objectives:

- Document a dream and decide what decisions will get you there.

Materials:

- The [iSOSY Goal Setting Instructor Guide](#) (p. 16) has different modalities and handouts to choose from:
 - My Life Book
 - Vision Board/Collage
 - Word Cloud
 - Acrostic Poem
 - Music/Song Lyrics
- The [iSOSY Student Goal Book](#) (p. 9)

Steps:

1. Gather all the materials for the activity selected.
2. Have participants create a life book or vision board.
3. Have participants reflect on what decisions are needed to achieve the stated dream.