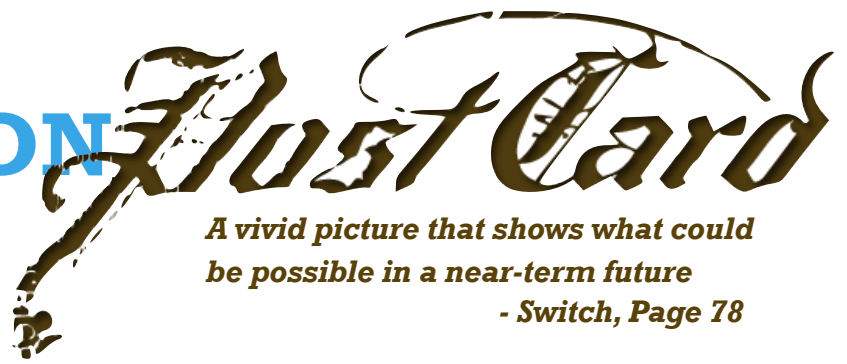


DESTINATION



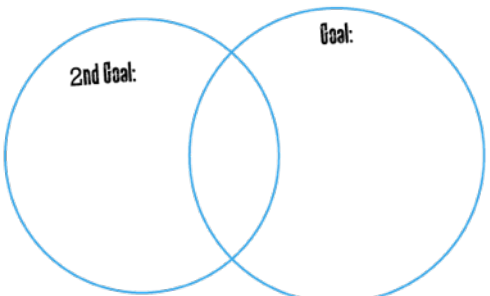

A vivid picture that shows what could be possible in a near-term future
- Switch, Page 78

Objective

Visualize a future goal that's realistic and meaningful to you and draw it on your Destination Postcard. Motivate your "emotional elephant" to reach this goal. Develop a short-term action plan to get there.

Postcard Activity

Complete this worksheet to help you create a **Destination Postcard Poster**. Your poster will look like the example below:

<p>Destination Postcard</p> <p>2nd Goal: </p> <p>Goal:</p> <p>Action Steps:</p> <p>_____</p> <p>_____</p> <p>_____</p>	 <p>Challenges:</p> <p>_____</p> <p>Strengths & Resources:</p> <p>_____</p> <p>_____</p> <p>_____</p>
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You can pull out the postcard as you work towards your goal and visualize your plan.

Destination Postcard

- 1 What is a goal that's realistic, stretching and meaningful to you—one you want to achieve this year?
- 2 Think about what success will feel like if you achieve your goal.
 - A) What will you feel?
 - B) What will you see? Be as detailed as possible.

3

Use this paper to think about 3-4 action steps that you should take during the first weeks of school to move you towards your destination. These steps should have some challenge in them, and you will be using your growth mindset. *Be specific about when, where and how you will take each step.* At least one action step should take place this week.

1.

2.

3.

4.

4

What are one or two challenges you can expect to face as you work towards your goal? Use your creative thinking to plan how you are going to face that challenge.

1.

2.

5

What strengths and resources will you use to work towards your goal?

6

Homework: What is a second “complementary” goal that will help you work towards your main goal?