



# GOAL JAR

## TYPE:

Goal Setting

## GROUP SIZE:

Any

## MATERIALS:

Small Jars (mason jars), Puffy Paint, Purple and Yellow Strips of Paper

## INTRODUCTION:

This exercise will help group members to set goals and focus on completing them.

## DESCRIPTION:

Have each group member decorate their jar as it represents their role in the group. Instruct each group member to set personal goals and write them on yellow paper. Instruct group members put the goals into their jar and keep it in a visible place. Facilitate a discussion that enables them to share their goals. Encourage group members to work on their goals and to document their accomplishments on purple paper. As each goal is completed, the jar should become filled with purple AND yellow paper. This jar is a visual representation of their accomplishments.

## PROCESSING:

- What were some of your goals?
- How did you decide upon the goals that are in your jar?
- What will you do to insure that your jar is filled with purple and yellow paper?

## VARIATIONS:

- Partner group members and instruct them to share their goals with each other.
- Have partners decorate the jars for each other.
- Ask group members to focus on goals associated with their role in the organization.

## OUTCOMES:

- Exercise to build fun and enthusiasm
- Communication builder
- Aid in the visualization of goal setting

## REMEMBER:

- Introduce the exercise
- Explain it thoroughly
- Process it completely