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## **Week 3 Learning Guide: Goals and Strategies**

### **Part 1: Week 2 assignment check-in:**

1. Aimless Wandering – observations

2. Tenets of Lasting Change

3. Articles

### **Part 2: What makes a good plan?**

“The One Wish” story



**Learning from Experience Exercise**

Think of a goal you met, one that was very, very challenging. Write it down here:

How was the process of achieving the goal different from what you thought it would be?

List the strategies that you tried and failed and the strategies that actually worked.

Looking at the strategies that worked – in the beginning, were they on your radar, and/or were you even willing to consider them?

How did you feel when you achieved the goal?

What else did you learn from the process?



2. Noodle around with the Goal and Strategy worksheet, extracting from the Vision done in Class 2, and the two experientials from today's class (Learning from Experience and Awareness-Conservation-Restoration).

Come up with three goals that each meet at least three needs. Now, identify one goal as the priority. Think of up to three strategies that would help you to meet that goal.

For example: you might have a goal to lower the carbon footprint of your food choices. Needs that are met could include subsistence, secure continued access to resources, avoid discomfort/pain/death, and social. Strategies might include buying locally-grown foods, eating less meat, and cooking at home more.

Bring the worksheet to Class 4. We will do an exercise during the call to illustrate a tool for evaluating alternative strategies. Don't worry about whether your strategies are green or not. In fact, having one or two less-green strategies, especially if they are things you typically do today, will be instructive in this exercise.

3. A good source for positive action is the website, We Are What We Do. Their clever formula is, "Small action x lots of people = big change." We will be playing with this site in Class 4, but in case you want to look at it ahead of time:

<http://www.wearewhatwedo.org/actiontracker/>