

28.

Visualizing Common Goals

OBJECTIVE: Encourage families set goals together.

TIME: 15 minutes

MATERIALS:

Common Goals Handout

TALKING POINTS:

Talk about how effective money management depends on the way a family chooses to live and the goals they plan to achieve. It is important for the family to take time to discuss and set their goals together. Having a voice in establishing family goals will help parents and children realize that the family is working together to set priorities and solve their financial problems.

ACTIVITY:

Ask the participants to begin to think about where their families are today and where they want their families to be in five or ten years. For example, maybe your family really needs a vacation together. Maybe they would like to own a safer, more reliable car, buy a home, or send a family member to college. We are going to give you a chance now to think about your hopes and dreams and share them with your partner or family.

Ask participants to settle comfortably in their chairs. Ask them to relax. Now ask them to close their eyes and let their minds be open to what it is they want out of life for their families. Explain that you will take them through a visualization activity. Slowly speak the following sentence beginnings. Pause for 30 seconds between phrases to let participants' minds have time for creative imaginations.

Within three months, what I want for my family is...

In one year, what I want for my family is...

In five years, what I want for my family is...

In ten years, what I want for my family is...

Ask participants to open their eyes and write their sentence completions on the handout. Give them 5 minutes to fill-in details of their visualizations and write down their goals.

GROUP DISCUSSION:

If families or couples are attending the class, ask them to join up with their partners or family members and share and compare their hopes and dreams. After sharing, ask each family to agree on one family goal for each time period. If families are not in class, encourage participants to go home and share their goals with the family and to repeat the activity.