

30. Create a Yellow Brick Road to Your Goal

OBJECTIVE:

To help families conceive, clarify, and commit to achieving their goal and to create a family reminder of the goal and their path toward it.

TIME: 30 minutes

MATERIALS:

Each family will need:

A large piece of yellow paper on which they can draw or cut-out the path of the yellow brick road

A handout of the suggested road shape and model billboard shape for goal signs

A set of 4 red paper bricks, 4 off-ramps, 4 stop signs, and 2 rock slides made from colored paper

Glue sticks or scotch tape

Scissors

Extra sheets of colored paper

Colored markers

NOTE TO TRAINER:

If you wish, you could start this activity in class but ask that people finish it at home and bring it back the following session for sharing and display.

It would be very helpful to create your own yellow brick road ahead of time as a model for the class. You will also be better equipped to answer questions about the process.

We recommend that you follow the order of activities and wait to give out materials until after the goal-setting step. When people get materials, their attention is drawn to them.

ACTIVITY:

Show the Instructor's "Road" and explain the overall objective and outcome of this activity.

Pointing to the Instructor's model, explain each piece of material and what it symbolizes:

The materials for the yellow brick road symbolize the following:

The yellow brick road is the route to your goal.

Red bricks mark unexpected detours and chosen scenic byways.

Ramps introduce the transition from yellow bricks (direct road)

to red bricks (indirect road) and back again to yellow bricks.

Stop signs mark times to regroup, reflect, re-plan.

Rock slides mark obstacles on the road.

Emphasize that participants may use their own creativity and the extra paper to add other aspects to their road. They can also redesign their road's shape, if they want to.

Ask couples and families to decide together on one long-term goal that involves money, then several medium-term goals, and then several short-term goals that will take them from the here-and-now to their long-term goal.

Have a couple or family representative come and get their set of materials.

Together, couples and families draw their yellow brick road route on their flip chart or poster paper, then draw and label their billboards for short-, medium-, and long-term destination or goals at points along the yellow brick road. Continuing together, they create their real route as best they can anticipate it, using the various materials and mixing serious and fun anticipation of their various difficulties and solutions along the way.

After 15 minutes or when most have completed their roads, ask each couple or family in turn to explain their roads to the class.