Who Owns This Goal

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

Someone is urged to take up an activity they do not enjoy.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Distinguish personally chosen goals from goals mainly imposed by others.

3. What would their own goal sound like?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.