

Facilitation Guide

Electric Shock

NOTES

"Electric Shock" is an activity that demonstrates the importance of goal setting and taking personal responsibility for their goals. It also shows how participants can achieve their goals when they are invested in the process and how personal motivation can inspire team members to succeed.

Instructions

Have participants form one giant circle around the room and hold hands. Establish a person to represent the beginning and end of the linked participants.

STEP ONE

The object of the activity is to pass a "shock" all the way thru the group by gently squeezing the hand of the person beside you. One person will begin the shock and will squeeze the hand of the person beside them. That person is to quickly pass on this pulse to the next person. This will continue until it gets all the around the circle and back to the person that started the shock. The pulse has to flow thru each person. It cannot be one continuous squeeze.

STEP TWO

Tell the group you are going to time them just to see how long it takes to get the pulse around the room. The time will begin when the designated person says "GO" and end when they yell "STOP." At the end of this step, announce their time.

STEP THREE

Ask them if they think they can do it faster than that time. (They will say YES!) Begin the activity again. Complete this step until they achieve this goal (i.e. complete it in a time that is under the Step 2 time).

supplies:

- ★ Timer for Facilitator
- ★ "50 Great Goals" Worksheet
- ★ Writing Utensils for each participant

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Step 4

Praise them for reaching the goal of passing the shock faster but ask if they think that can do it even faster and beat the new lowest time. (They will say YES!) Ask them how fast do they think they can do it?

NOTE: This is where the ownership of the goal transfers from you to them. Ask them to set their time goal and give them several attempts to reach the goal and be successful.

Step 5

Distribute the "50 Great Goals" Worksheet to each participant and talk to participants about the importance of setting goals. Discuss the concept of setting S.M.A.R.T. Goals and give an examples of a S.M.A.R.T. Goals.

Specific - Goals should be SPECIFIC - this is a defined statement that gives you clarity, direction, motivation and focus to what you want to achieve.

Measurable - Each goal should be able to be MEASURED so you can monitor when you are approaching success and when you have reached your goal!

Attainable - Goals should be ATTAINABLE for your own personal situation. You may be able to start or even complete part of your goal now!

Realistic - While it is good to have some goals that inspire you to "dream big," it is important to set goals that are relevant and realistic to your life. They need to be meaningful and significant.

Timely - Set a specific TIME to accomplish your goals.

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Step 6

Give participants approximately 10 - 15 minutes to complete the worksheet. Encourage them to complete as close to 50 as they possibly can. Continue to share ideas with them to help them along.

Step 7

Give participants an opportunity to share some of the goals they are excited about. Try to get response for at least two goals for each column on the worksheet.

Step 8

Ask everyone to return to the circle and hold hands again. Announce that we are going to try to pass the shock one more time. Their personal best time was _____. Do they think they can beat it? Even if it is by a second? Or even less than a second? (They will say YES!) Start the activity again and continue till the team achieves success!

Talk About It

- When you first started, what process did you use to set your goal? How did it change?
- What were some of the factors for bringing down the time from the initial start to the end? How are these factors able to be used in everyday situations?
- How come most people have goals, but, do not write them down? What is important about writing goals down and having a witness?
- What does it feel like to achieve a goal?
- Why is important to set a BIG number of goals like 50 or 100?

EDUCATION

- 1.
- 2.
- 3.
- 4.
- 5.

CAREER

- 1.
- 2.
- 3.
- 4.
- 5.

- 1.
- 2.
- 3.
- 4.
- 5.

FUN

TRAVEL

- 1.
- 2.
- 3.
- 4.
- 5.

FAITH

- 1.
- 2.
- 3.
- 4.
- 5.

50 GREAT GOALS

EXPERIENCES

- 1.
- 2.
- 3.
- 4.
- 5.

FRIENDS

- 1.
- 2.
- 3.
- 4.
- 5.

FITNESS

- 1.
- 2.
- 3.
- 4.
- 5.

- 1.
- 2.
- 3.
- 4.
- 5.

JAG

FINANCE

- 1.
- 2.
- 3.
- 4.
- 5.

SMART GOALS!

specific . measurable . attainable . realistic . timely