

# Action planning – being SMART!

## Facilitator Notes

**SMART goals activity sheet (developing skills)** - used as an action tool once participants have identified things they would like to change from the discussion in this session. These are based on things we can influence or things in our control.

### 'What if' scenarios :

- What if you were unable to get to a friend's house to meet up, what would you do? Stay home and feel sad or create a call through an app such as WhatsApp or Teams to meet up? Or connect through a game like Minecraft / Fortnite to talk about future plans?
- What if you were unhappy with your workplace? Would you quit on the spot or look for a job that is of interest to you or find training to upskill yourself?
- What if you had too many commitments in one week? Would you miss a few or start prioritising which commitments are important to you and consider which ones you need to change and/or stop doing?

## TO REMIND PARTICIPANTS OF CIRCLES OF CONTROL, CHECK OUT THE RED CROSS VIDEO

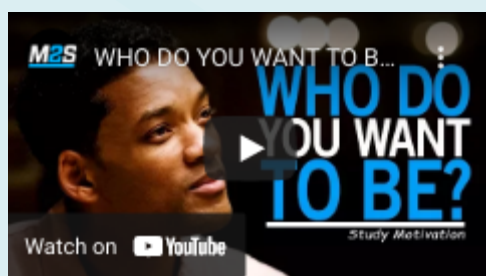


(1 minute 13 ) total time

A QR code for the **British Red Cross video** is available for participants to view. Refer back to the intended outcomes to see if they have been met by the activity. Play 1 minute 13s.

[https://youtu.be/1mw6M-0\\_Q7I](https://youtu.be/1mw6M-0_Q7I)

## MOTIVATION FOR CHANGE



(11 minutes 14s) total time (advert at start and at 6.28)

By [Motivtion2study](https://www.youtube.com/channel/UCv8v8v8v8v8v8v8v8v8v8v8). Play start to 6 minutes 28 - WHO DO YOU WANT TO BE? - Best Motivational Video for Students & Success in Life - <https://youtu.be/R7iN71uJcG0>