

Title: EMOTION GOALS

Goal:

Increasing awareness of how emotions affect our goals



Intro:

At Six Seconds, we say, "emotions drive people, and people drive performance." Here's a quick activity to consider if and how that works.

Resources:

Large paper
Colored pens/pencils
Animal EmoCards

Instructions:

Write one of your goals on the large paper. (This could be a personal goal or a team/shared goal)
Draw a feeling card at random. Post the card near your goal, and as you do so, imagine feeling that feeling in relation to the goal.
Write a few words: How might this feeling support you reaching the goal? How might this feeling hold you back from reaching the goal?

Discussion:

To what degree will feelings affect the goal(s)?
What are some feelings you currently have about this goal, and what are some feelings you want to have?
If you want or need different feelings that you have now..how could you get those feelings?
If you have the feelings now... how could you sustain and strengthen those?



POP-UP FESTIVAL