

Bridge the Gap



The Goal: To acknowledge that the space between you and your goal isn't a measure of whether or not you will succeed.

Materials: Notebook paper, something to write with.

Sometimes, when we see where we are and where we aspire to be, it's easy to feel as if we will never reach our goal. The further from us that our goal feels, the less possible we believe it is. This perspective actually diminishes the possibilities of us reaching the goal because we begin to unconsciously behave as though our goal is impossible. If we believe our goals are attainable, regardless of the space between us and our goals, we will begin to move throughout our lives as if that which we wish to achieve is achievable.

Step 1: Write down a goal you have in life, one that may not feel completely in your grasp.

Step 2: On a separate sheet of paper, write in bullet points why this goal doesn't feel attainable, or why it feels "far away."

Step 3: Now, write another bullet point list of the reasons why this goal IS attainable to you and the measures you can take to *bridge the gap* between where you are and where you want to be. Put effort into this list. Give yourself practical solutions to make this goal more attainable and in your reach. If it helps, work with a partner to brainstorm ideas (remember to help them brainstorm for their goal too if they wish). Hold onto this list and refer back to it when you feel stuck, it will help shape your bridge. The space between you and your goals can be intimidating, but it is also full of possibilities, and it is the bridge that will get you to where you wish to be in life.

Indigo Indicators: *Internal: Resiliency, Self-Direction*

CASEL Competencies: *Self-Awareness, Self-Management*

Ramp Behavior Standard: *B-SMS 5. Demonstrates Perseverance to Achieve Long and Short-term Goals*