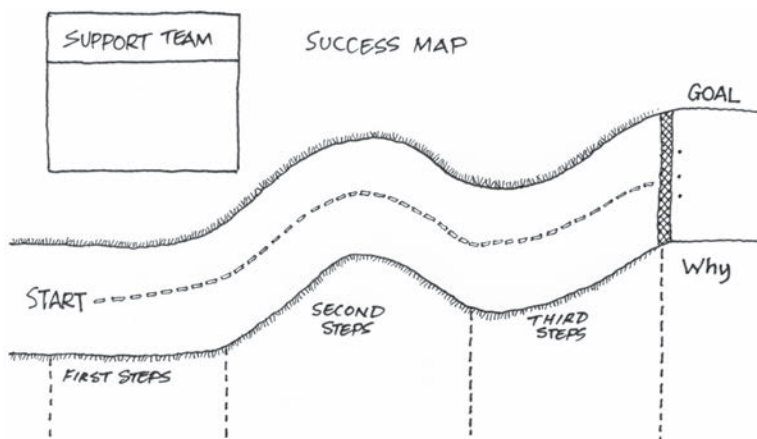


# October Activities

For many of us, the shiny new feel of the term begins to wear off in October. We often feel things could have gone better, that we've made a few mistakes, and that we're finding things harder than we expected. This is totally normal! What you need in October is a chance to remind yourself of what the goal is, and a moment to reflect on what obstacles seem to be appearing to stop you achieving it. The first of these obstacles will have arrived by now. Some pupils around you might respond by giving up. This month's activities help you carry on, even if you don't feel like it!

## 5. Vision Activity: The Roadmap

Sometimes setting a goal can feel like a long process. The goals can seem so distant that we don't take any immediate action. Designing a success map can really help with this. A success map is a visual reminder of the journey you're going on. It guides you to where you want to be and warns you about things that might pull you off course.



Here's what you need to do. First, you need to go to the end of the map and write down the goal you want to achieve. In the same box it's useful to include the date by which you want to achieve your goal. Underneath the goal box you'll see 'why'. Here you write why achieving the goal is important to you.

Next, you need to break down the goal into a series of steps in a journey. You might think about these steps as a series of days, weeks or even months. Represent them as a road or pathway – some sort of track that takes you through the difficulties towards a conclusion.

Look at how this university student has used a dotted line to indicate the journey of her boat between the islands in this version of her map:



Credit: Jo Phillips (used with permission).

There are two main elements here – the positive and the negative. Have a look at how the student emphasises positive things that are going to help: 'Peaceful Bay', 'Exercise', 'Up Early!', 'Mind Maps' and 'Tutors to the Rescue!' And hazards to watch out for: 'Loss of Focus', 'Sharks of Disillusionment' and 'Sea Monsters of Personal Disaster'.

You can do the same on your map:

- » **Mapping your support.** Surround your pathway with good things that will encourage and help you. Rewards, celebrations and holidays all need marking on the map. Think about the people who might support you too. Could you ask friends, a mentor or your parents/guardian? Write the names of these people in your 'support team' box.
- » **Mapping your challenges.** Here you should include the things you're going to need to watch out for. They should be specific to you – your bad habits! It might be laziness, procrastination, worry or distraction.

Unlike the example above, we've found it useful to add dates to the map so you know what happens when in the year ahead.

Once done, it's a good idea to keep your map on display somewhere that you can always see it. This will help to remind you of the steps that need to be completed to reach that destination in the distance!

Final Thoughts

It doesn't matter whether you travel by land, air or sea, when you are working towards your goals you can expect some bumps that knock you off course. This is normal, so don't feel too stressed if you end up shipwrecked for a short time on procrastination island. It can be useful to record how you got over or past these sticking points. This way, you can use the same strategy if you find yourself there again. For example:

- » Was there a teacher or tutor who gave advice or changed your thinking?
- » Did a friend help out by lending notes or giving encouragement?
- » Did you change the time or place you worked – by attending extra classes or staying behind after school?

Use the table below to reflect on how things have gone and how you dealt with the bumps in the road so far.

	Bumps	How I got past them
First steps	<div>.....</div> <div>.....</div> <div>.....</div>	<div>.....</div> <div>.....</div> <div>.....</div>
Second Steps	<div>.....</div> <div>.....</div> <div>.....</div>	<div>.....</div> <div>.....</div> <div>.....</div>
Third Steps	<div>.....</div> <div>.....</div> <div>.....</div>	<div>.....</div> <div>.....</div> <div>.....</div>