

7. Vision Activity: The Rule of Three

We borrowed this activity from Jack Canfield's book *The Success Principles* (2005). He is also the author of the 'Chicken Soup for the Soul' series (we would recommend *Chicken Soup for the Teenage Soul* – it's full of supportive stories, reassuring advice and cracking ideas).

Canfield employs the useful analogy of chopping down a tree when trying to achieve your goals. He says that if you take a very sharp axe and take five swings at a tree every day, no matter how big the tree, eventually it will come down. It's the same with any goal you set. If you take a few small steps every month towards achieving your goal, eventually you'll get there, no matter how big the goal.

Canfield almost makes it sound inevitable. It makes you think: the reason people don't achieve their dreams isn't that they lack a dream, it's that they just don't take any action. *A dream is just a dream unless you take action!*

This activity might seem simple, but we guarantee it's one of the most effective tools we have ever used.

All you have to do is take three steps every half-term towards achieving your long-term goal. It's that simple. You have to decide the steps you are going to take and then commit to doing them.

First, remind yourself of your long-term goal:

My goal is: _____.

Then list all the actions that are going to take you closer to achieving that goal. Remember, it's only three small steps per half-term – that's roughly one every two weeks.

	Action steps	Completed
Sept-Oct	<p>.....</p> <p>.....</p> <p>.....</p>	
Nov-Dec	<p>.....</p> <p>.....</p> <p>.....</p>	
Jan-Feb	<p>.....</p> <p>.....</p> <p>.....</p>	
Mar-April	<p>.....</p> <p>.....</p> <p>.....</p>	

October Activities

April–May	<div></div> <div></div> <div></div> <div></div>	
June–July	<div></div> <div></div> <div></div>	

When you've completed the table, it's important that you keep it somewhere you can see it. Stick it up in your room or study area. You might find it useful to share it with a friend or parent and ask them to check up on your progress.

Final Thoughts.

What if I don't know exactly what the steps are?

Here's where research comes in. We've worked with hundreds of students who've wanted to do something we didn't know much about. Over the years we've had to find out how to become an actor, how to get into graphic design, how to get a work-shadowing position at a games design company, and so on.

Remember this – whatever you're trying to achieve, the chances are someone else has done it before you. It might be someone in the year above you, an older brother or sister, or a tutor or teacher. If there isn't someone close to home, who could you contact more remotely, through email or social media?

Someone nearby who might be able to help:

Someone I might contact remotely: