

Activity

In these exercises we are going to use Zorro Circles to regain a sense of control by focusing first on small, manageable goals. Gradually expand that focus to achieve bigger goals and greater meaning.

- Zorro circles to declutter
- Zorro circles to overcome stress
- Zorro circles to assist with family finances
- Zorro circles with remote learning

Questions

What is a goal you can think of during this time of isolation?

What Zorro steps will we take to stay committed to the goal so you can reach it?

Let's set a bigger home goal together. What action steps can help you achieve that goal?

Activity

The basics of setting and completing your goals

Name: _____

Goal Start Date: _____

My Goals are and completion date:

- 1.
- 2.
- 3.
- 4.
- 5.

Zorro Circle

- 1.
- 2.
- 3.
- 4.
- 5.

Activity

Two things that will help me reach my goal

- 1.
- 2.

Social Investment:

People who will Help me Reach my Goal...

I will help someone by.....

I know I will have reached my goal when.....