

Learn From Vance Joy: Visualising Goals

THE HOWIE
GAMES

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Watch the video but when the video is paused, reflect on the questions below. The aim is to share these at the end of the video.

Pause 1 Reflection

Why would someone get nervous about performing? What is there to be nervous about?

Why do you think Vance got nervous when he first started performing? Why do we get nervous, do you think? How could this help us?

Pause 2 Reflection

What does “gotta want it” mean to you?

What does Vance mean when he says he visualises his goals for the future?

What are some of your goals that you want to achieve for this year? What about for the future when you are older?



Engagement

Upper Primary
Education Program

THE HOWIE
GAMES

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1. Brainstorm short term (this month/week), medium term (this year), and long term (in 10-15 years or life) goals that you may like to set yourself. Get creative, what do you want to achieve. Try and brainstorm multiple ideas that you can choose from.
2. Choose your preferred/favourite short, medium and long term goals, highlight or underline them on the sheet.
3. Choose 1 of these to visualise through art, create a cartoon strip or a detailed scene of you achieving this goal. Close your eyes and visualise yourself achieving your goal. Get creative through art and bring your goal to life on paper.

Goal Setting Art	
	Brainstorm Goal Ideas (Highlight your chosen goal)
Short Term Goals (This Week/Month) Eg: Get to training on time Try my best at Netball Introduce myself to someone new Give my Nana a hug	
Medium Term Goals (This Year) Eg: Try a new sport Take up singing lessons Tryout for the school play	
Long Term Goals (Within next 10-15 years) Eg: Play AFL Become a Mum or Dad Travel to South America Become a Doctor	
Visualise your Goal through Art (Pick 1 and draw yourself achieving that goal)	