

# SAMPLE WORKSHOP ACTIVITY



mariatheologidou.com

## SELF-REFLECTION AND MINDFULNESS ACTIVITIES IN THE ELT CLASSROOM

### MINDFUL GOAL SETTING

1

Write down 2-3 goals you'd like to have achieved in two months from now. How do you feel now when you think about these goals?

My Goals	How I feel about them
<ul style="list-style-type: none"><li>• _____</li><li>• _____</li><li>• _____</li></ul>	<ul style="list-style-type: none"><li>• _____</li><li>• _____</li><li>• _____</li></ul>

2

Now, imagine you could travel into the future to the moment when you have achieved your goals. How do you think you will be feeling then and why?

My Feelings	Why will I be feeling this way?

3

Now, let's go back to the present moment and let's trace the journey towards achieving your goals. What are 3-4 steps you'll need to take to reach your goals?

- Step 1:
- Step 2:
- Step 3:
- Step 4:

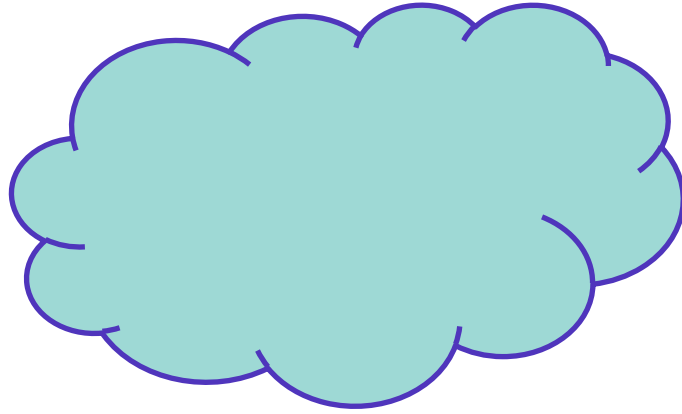
4

Which of these steps represent things you can start doing right away? Which of these steps are things that require more effort/time?

Steps I can take now	Steps that require more effort
<ul style="list-style-type: none"><li>• _____</li><li>• _____</li><li>• _____</li></ul>	<ul style="list-style-type: none"><li>• _____</li><li>• _____</li><li>• _____</li></ul>

5

What are 2-3 obstacles you might encounter along the way?



6

How do you plan to work towards overcoming these obstacles?

My action plan

A large, empty, light orange rounded rectangular box for writing an action plan.