

Goal Setting Worksheet

In this worksheet, you will respond to a series of prompts that help you identify the characteristics of an outcome you would like to see happen with regard to this unit's topic. Identifying what it is that you want to happen (your goal) is crucial to determining what courses of action are most beneficial.

A goal is not the same as a prediction. This is because goal setting is an active process, where we determine a desired outcome and ways to accomplish it. A prediction is a passive way of attempting to identify a likely outcome, and it does not have the same active effect on shaping our behavior.

A Cautionary Note

Because the purpose of goal setting is to better understand the characteristics of a desirable outcome, ensure that you make clear throughout the following questions which people or groups you're talking about (because only a living person or group can take action on a goal). To do this, focus on using active voice rather than passive voice. Active voice refers to phrasing a sentence to identify who took an action, whereas passive voice omits or obscures who is responsible.

Passive voice example: Misinformation should be flagged. (*By whom?*)

Active voice example: Viewers and moderators should both have the ability to flag misinformation. (*This sentence indicates who should take the action of flagging.*)

Passive voice example: Hate speech should be addressed. (*By whom?*)

Active voice example: Educators should do more research to address hate speech. (*This sentence gives more information on who should address hate speech and how.*)

Questions

- Question 1: What would the ideal outcome look like (with regard to this unit's topic)? In other words, what's the best-case scenario you'd like to happen (whether or not you think it's realistic)?
- Question 2: What would the worst-case scenario look like? What is an outcome you definitely do not want to see?
- Question 3: What are the primary differences between these two scenarios?
- Question 4: What type of change (whether in yourself, in your community, or in a large social structure like an educational or political system) would make the ideal outcome you described in Question 1 more realistic?