

Key 6 Activity: Our Family's Great Moment of Achievement

Your family's Moment of Achievement and "Acting as If"

Visualization is a technique using imagination designed to accelerate progress towards a goal. The idea is to picture the sights and sounds around you when your goal is achieved. When you use visualization to help achieve a goal, in your mind ALWAYS go beyond the moment of victory. If your dream is to win the Boston Marathon, don't stop your visualization when you break the ribbon. Take the extra step by seeing yourself being handed the trophy.

It is also helpful to think about what life will be like when you have reached your Moment of Achievement. How will you look? What will you say? What will you do? It is important that, even though you may not have already reached your goal, that you begin to "Act as If" you are already that person you want to become. Act like that person; say things that person would say; walk like that person; you might even dress like that person. By "Acting as If" you will be helping yourself to more quickly reach your Moment of Achievement.

Feeling the emotions of your Moment of Achievement is the most important part of your visualization. Most importantly, allow yourself to really feel satisfaction, happiness, self-esteem, and pride for the effort you put forth to reach your goal!

STEP 1: What is your family's Moment of Achievement?

During this activity, your family will brainstorm ideas of what your Moment of Achievement should be. You can pick a goal from your work in Key 5 or you can pick something completely new. Select a Moment of Achievement that is big, powerful and is something that really inspires your family when you think about it.

-Example Moments of Achievement:

- The day my family moved into our new place to live.
- The week on our family vacation where we had a lot of fun at the beach.
- The 4th of July BBQ where everyone in our family was happy and laughing

Based on your family goal, brainstorm a few possible Moments of Achievement that your family would want to write about and visualize:

- 1.
- 2.
- 3.

From your brainstorm above, choose a Moment of Achievement that your family will work on.

STEP 2: Brainstorm the specifics of the visualization

To create the most powerful experiential visualization possible you need to be SPECIFIC...SPECIFIC...SPECIFIC with the details of your family's Moment of Achievement.

Answer the questions below as a guide to start thinking about your family's Moment of Achievement. Use clear and specific details to help bring power to the visualization story.

1. What is the location of your family's Moment of Achievement? What time of year is it?
2. What is the weather like?
3. What are the people in your family saying?
4. What are other people saying?
5. What other sounds does your family hear?
6. Who is with your family, if anyone?
7. Is anyone eating or tasting anything?
8. What are the smells?
9. What is everyone wearing?
10. What is everyone seeing?
11. Is anyone holding or touching anything?
12. MOST IMPORTANT:
What are the people in your family feeling? What are the people in your family thinking?

STEP 3: Writing your family's Moment of Achievement visualization

In your Go For It! notebook, write a visualization that will make your family's selected Moment of Achievement come alive.

REMEMBER: This visualization is for YOUR family and it is intended to ultimately make your family's life easier and better. Put your best effort into this writing as it can transform your family's life.

STEP 4: We are ACTING AS IF we have reached our family's Moment of Achievement

On the lines below write down a few ideas or ways that your family can ACT AS IF your family has already reached the Moment of Achievement.

Example: The day my family and I moved into our new place to live.

Because we did this we are...

- Excited to be in a new neighborhood
- Happy to have a safe place to live together
- Proud of the hard work it took to get here

Because we, the _____ family reached our Moment of Achievement, we are ...

1. _____
2. _____
3. _____
4. _____
5. _____

STEP 5: Practicing the Moment of Achievement

Creating the Moment of Achievement was only the first part. The second part to this process is to practice the visualization for 5 minutes each day.

Each day find a quiet time where your family can relax. Once everyone is settled use your visualization to experience the Moment of Achievement.

If you can't find the time or space to sit quietly each day as a family, continue to visualize as much as you can individually.

STEP 6: Activity extensions

1. "Family Moment of Achievement Drawing"
-On a separate piece of paper draw out, paint or sketch a picture of your family in the "Moment of Achievement"
2. "Family Moment of Achievement Poem"
-On a separate piece of paper write a poem that highlights your family's emotions or feelings during the "Moment of Achievement."
3. "Family Moment of Achievement Collage"
-Cut out images, words or anything that highlights the emotions or feelings of your family's "Moment of Achievement."
4. "Family Moment of Achievement Play, Movie or Skit"
-Recreate your family's "Moment of Achievement" by creating a play, movie or skit.
5. "Family Moment of Achievement Comic Strip"
-Create a multi-panel comic strip that tells the story of how your family reached the "Moment of Achievement."

