

TRANSITIONS

Sustaining Social Change

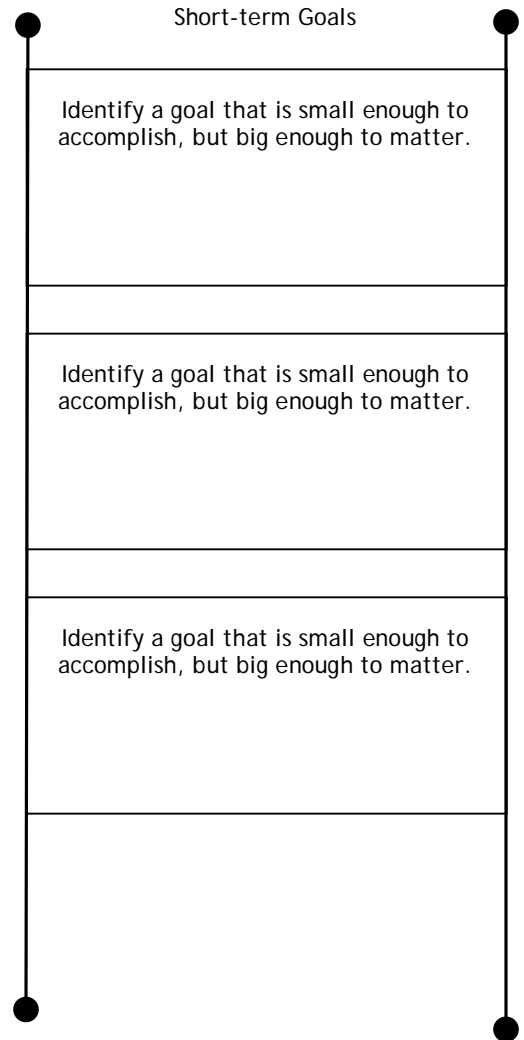
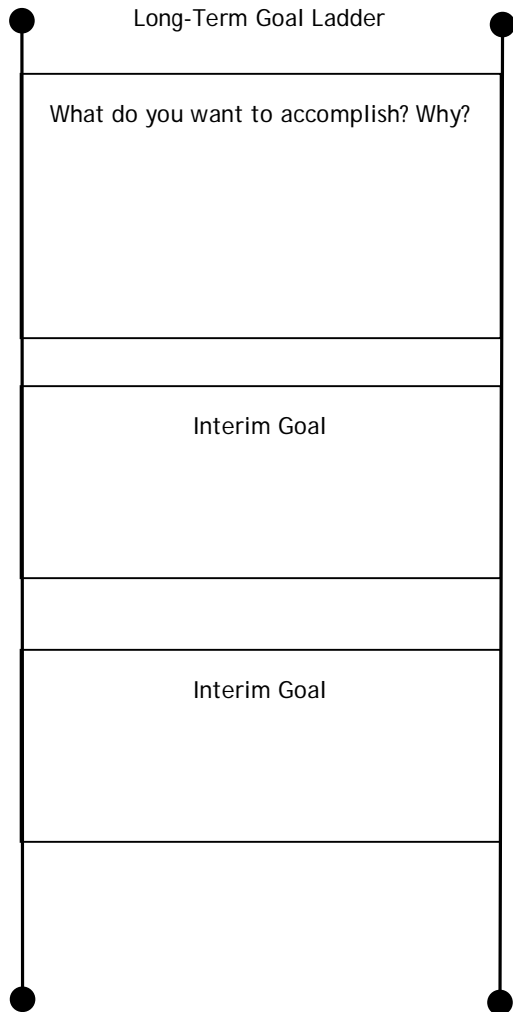
*there is no beginning without an end
what is over? what isn't?
what can I let go?
what can I do?*

Goal Ladder

Setting short-term goals for yourself can show you how you are moving forward. These goals can be mini-steps to accomplishing longer-term plans, such as a career goal, or small, short-term objectives, such as taking a class in an area of interest.

Your goals may regard the change you are facing or be totally unrelated. As a rule, they should all be small enough to accomplish, but big enough to matter.

For example, a foster care youth in a Transitions workshop set a long-term goal of learning to trust people. She broke that goal down into more manageable steps, such as identifying one person in her life that she would talk to on a regular basis, opening up to that person, and developing constructive ways to deal with her anxiety about that person breaking her trust.



Adapted from Walking the Path, a Transition-enhanced curriculum for youth in foster care developed by Joan Morse at the Hunter College School of Social Work.