

### **MT3.2\_3 Activity: Goal Brainstorming**

#### **Objective:**

- Engage participants in identifying and articulating personal and professional goals.
- Encourage participants to think across short-term, medium-term, and long-term timeframes.

#### **Benefits:**

- Promotes self-reflection and goal articulation.
- Encourages participants to consider goals in different timeframes.
- Sets the stage for future planning activities within the workshop.

#### **Instructions:**

##### 1. Goal Identification:

- Personal Goals:
  - Think about aspects of your life beyond the professional sphere.
  - What personal achievements or improvements do you aspire to make?
- Professional Goals:
  - Reflect on your career and professional development.
  - What milestones or advancements do you aim to achieve?

##### 2. Timeframe Consideration:

- Consider goals in three timeframes:
  - Short-Term (0-6 months): Goals achievable in the near future.
  - Medium-Term (6 months - 2 years): Goals that require more time and planning.
  - Long-Term (2+ years): Overarching aspirations that may take several years to accomplish.

Attachment to MT3.2\_3  
Task 2.2



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### 3. Example Questions:

#### - Short-Term:

- What skills would you like to develop in the next six months?
- Are there immediate personal improvements you want to focus on?

#### - Medium-Term:

- Where do you see yourself professionally in the next two years?
- What significant achievements would you like to reach in your personal life?

#### - Long-Term:

- What is your ultimate career goal?
- How do you envision your ideal personal life in the long run?

### 4. Possible Answers:

#### - Short-Term:

- Learning a new language.
- Improving time management skills.
- Establishing a regular fitness routine.

#### - Medium-Term:

- Earning a professional certification.
- Securing a leadership role at work.
- Completing an advanced degree.



Joint development, piloting and validation of entrepreneurial mindset and key skills curricula and training materials for third countries

- Long-Term:

- Attaining a senior executive position.
- Starting a business venture.
- Achieving a work-life balance that aligns with personal values.

**Note to Facilitator:**

- Encourage participants to jot down their thoughts individually before sharing within their groups.
- Emphasize that goals can evolve over time, and it's okay to revisit and adjust them as circumstances change.
- Facilitate an open discussion where participants can share their aspirations, fostering a supportive and collaborative atmosphere.

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