**Group Activity**

**Setting simple, measurable, action steps from broad goals**

Purpose: This exercise is to practice working with participants to have them set simple, measurable, action steps.

Materials: Markers, 3 Post-It pad papers with broad goal written on each:

I want to eat more fruits and vegetables.

I want my 13 month old off the bottle.

I wish my child wasn’t a picky eater.

I want to lose the 30 pounds I gained with this pregnancy.

Directions:

1. Divide the trainees into 4 groups.
2. Each group will be assigned a broad goal.
3. Each group will choose a recorder and spokesperson.
4. The group will create a simple, measurable, action step from the broad goal and record it on their post it pad.
5. After the groups are finished, move Post-It sheets to the front of the room.
6. Each group’s spokesperson will present the group’s goal.