



Group Goal – The object of this exercise is to give each group member a simple but positive task to do before the end session. There are three ways to make sure that everyone has a group goal for the session. At the beginning of the session the group leader should choose one of the following:

- **Assign** everyone in the group a different group goal from the list below – or
- Let each group member **choose** a group goal after reading the list – or
- Have everyone choose at **random** a group goal by randomly picking a number from 1-30

Things to keep in mind:

- No one should know anyone else's group goal. Each person should just know their own. A good idea would be for each person to text their goal to themselves to avoid forgetting it or else write it down.
- It is OK for more than one person to have the same goal

Once that everyone has a group goal, then the group should resume as it normally would. You can do any other activity in the meantime. Each person's task is to try to complete their goal before the end of the session. If it is a longer day like an intensive outpatient or partial care group, you can incorporate break time as well in order for group members to complete their goal. Save time at the end of the day to process this activity before everyone leaves and provide reminders for everyone to do their best to try to complete their goal.

Group Goal List:

1. Make someone smile
2. Share something you never shared before
3. Try to laugh or at least smile
4. Show someone that you care
5. Give good feedback to someone
6. Speak to someone you don't speak to that often
7. Check in with someone and find out how they are doing in an area that is important to them
8. Focus on really listening to someone at some point and try to really understand what they feel
9. Do a random act of kindness for someone
10. Try to help someone to feel better today
11. Tell at least one person something good that they did today
12. Appropriately give someone a compliment
13. Help someone with something
14. When someone in group shares, let the group know you agree
15. Say "good job", "nice work" or another encouraging phrase to someone
16. Offer someone a high five, a fist bump or a handshake at an appropriate time
17. When someone needs something, offer to get it for them
18. Say something nice about the group as a whole
19. Let everyone know something that you are grateful for
20. Make someone feel welcome either before the group, after the group or during a break
21. Ask someone who is new or quiet a nice question to try to get them to talk
22. Say something positive about yourself that you feel today
23. Ask someone a question about something that you know that they like to talk about
24. Learn more about someone's family
25. Find out someone's favorite (For example favorite food, sport, TV show, etc.)
26. Acknowledge someone's progress by telling them how good you think that they are doing
27. Let someone know that you appreciated something that they said or did
28. Share a small bit of wisdom or something that you learned that can help others
29. Give someone something, even if it is small or has little or no financial value
30. Give someone your undivided attention and let them talk about whatever they want while you just listen



Process Questions for the End of the Session:

Who completed their group goal?

If you did not complete your group goal, why do you think that you weren't able to do it?

If you did complete your group goal – Share with the group what it was like. How did you do it?

How did it feel to complete your group goal?

If someone else's group goal involved you, how did that feel?