

A ROUND 'TUIT'

GOAL

- To practise the skill of personal goal-setting

MATERIALS NEEDED

For each participant, construction paper cut into circles approximately 5"-7" in diameter with the text A ROUND TUIT (see below) transcribed on each.

METHOD

Introduce the warm up by saying:

*Some of us lead busy lives and don't always have the time or resources to do everything we want to do. Here is a warm-up which might help us prioritize our unattended tasks. What I have in my hand is a **Round Tuit**.*

Read the **Tuit** to the group and distribute one to each participant. Ask participants to think about what they need to do. Instruct them to write on the back of their **Tuit** one of their more urgent matters and share their personal goal with the group.

A ROUND TUIT

At long last we have a sufficient quantity of these so that each person may have one of their own. Guard it with your life. These **tuits** have been hard to come by. Especially the round ones. This is an indispensable item. It will help you become a much more efficient worker. For years you have been saying "I'll do that as soon as I get a **Round Tuit**". Now that you have a **Round Tuit** of your very own, all those things that have needed to be accomplished will surely get done!