

## THEME

Leading Self

## SUB THEMES

Knowing Self  
Developing Self

## Overview

In this activity Participants:

- Compare life-planning, goal-setting or event-planning to a volcano
- Identify their values (their rocks), their passion (the flame or fire), their communication strategies (the lava) and the resulting lava flow (their influence and the effect they have). The eruption of the volcano is their greatest influence
- Use a planning tool to achieve short- and long-term goals.

This activity may be useful for athletes planning to improve their performance, for coaches at the start of a season and for people generally leading change.

This material is based on Corbett, T. (1997). Sport Management Workbook, Manukau Institute of Technology.



## The Volcanic Life

### Knowledge and skills

Personal self-awareness, an understanding of values, personal skills, qualities and abilities, methods and strategies for personal leader planning, goal-setting, decision-making, responsibility and motivation.

### Resources

- Leader Journal template



The Volcanic Life activity asks Participants to complete the template questions and statements to explore their vision and dreams, to set goals and increase their self-awareness.

## STEP 1

Participants identify the 'rocks' in their lives – the things they value the most. These rocks may be a person, faith, career, money, sport, music, study, knowledge, wisdom, integrity. Facilitators may encourage some discussion in pairs or in groups.



## STEP 2

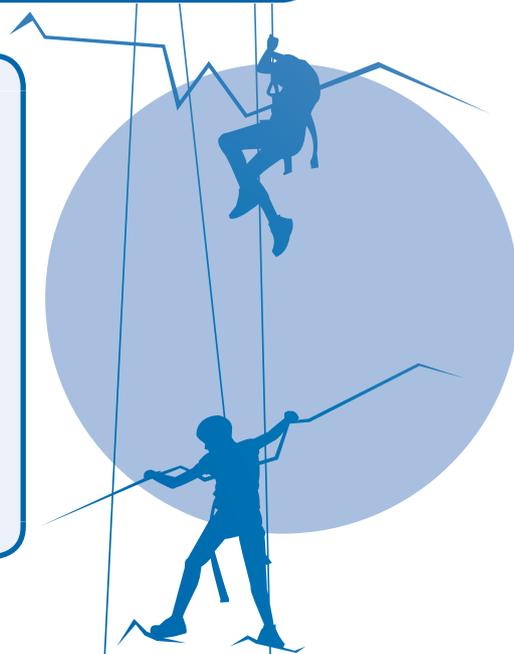
Participants identify what ignites their passion. The left-hand column identifies when things are going really well and the right-hand column identifies when things are not going well. Participants discuss how they might maximise actions in the left-hand column and minimise actions in the right-hand column.

## STEP 3

The Facilitator asks Participants to identify people who have:

- The most influence on them, and write them in the inner circle
- A close influence on them, and write them in the middle circle
- A distant influence on them, and write them in the outside circle.

This may also be applied to athletes identifying who can support them in their goals or coaches/youth leaders identifying who can support them in their role.



## STEP 4

In the task Making Change Happen, Participants identify what they want to achieve over two or three years, and what needs to be accomplished today while staying focused on their long-term goal.



NAME \_\_\_\_\_

## The Volcanic Life

Welcome to the 'Volcanic Life'. This session is a chance for you to identify who and what ignites your passion!

The first step is to identify your 'ROCKS', these are the values, goals and philosophies that guide the choices you make.

Write down your rocks in the spaces provided:



A collection of ten empty, rounded rectangular boxes arranged in a path that winds up a mountain. The path starts at the bottom left and goes up towards the top right. The boxes are intended for the user to write their 'ROCKS' (values, goals, and philosophies) in.



The next step is to identify what ignites your passion. Insert the appropriate words to complete the statements.

### THINGS THAT ARE GOING WELL

When I'm excited about my \_\_\_\_\_  
(use the most appropriate word here  
e.g. study, sport, work), it's because...

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When I have great \_\_\_\_\_  
(e.g. work) satisfaction, it's because...

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When I'm looking forward to coaching a  
session/coming to class/completing a project/  
going to a game, it's because...

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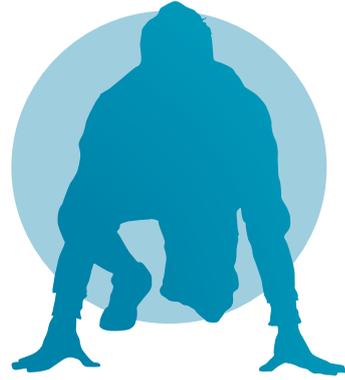
When life is stress-free and happy,  
it's because...

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### THINGS THAT ARE NOT GOING WELL

When my \_\_\_\_\_ (use the most  
appropriate word here e.g. study, sport, work)  
is a drag, it's because...

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When \_\_\_\_\_ (e.g. work)  
satisfaction is low, it's because...

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When the thought of coaching a session/  
coming to class/completing a project/  
going to a game makes me want to  
\_\_\_\_\_, it's because...

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When life is stressful and makes me unhappy,  
it's because...

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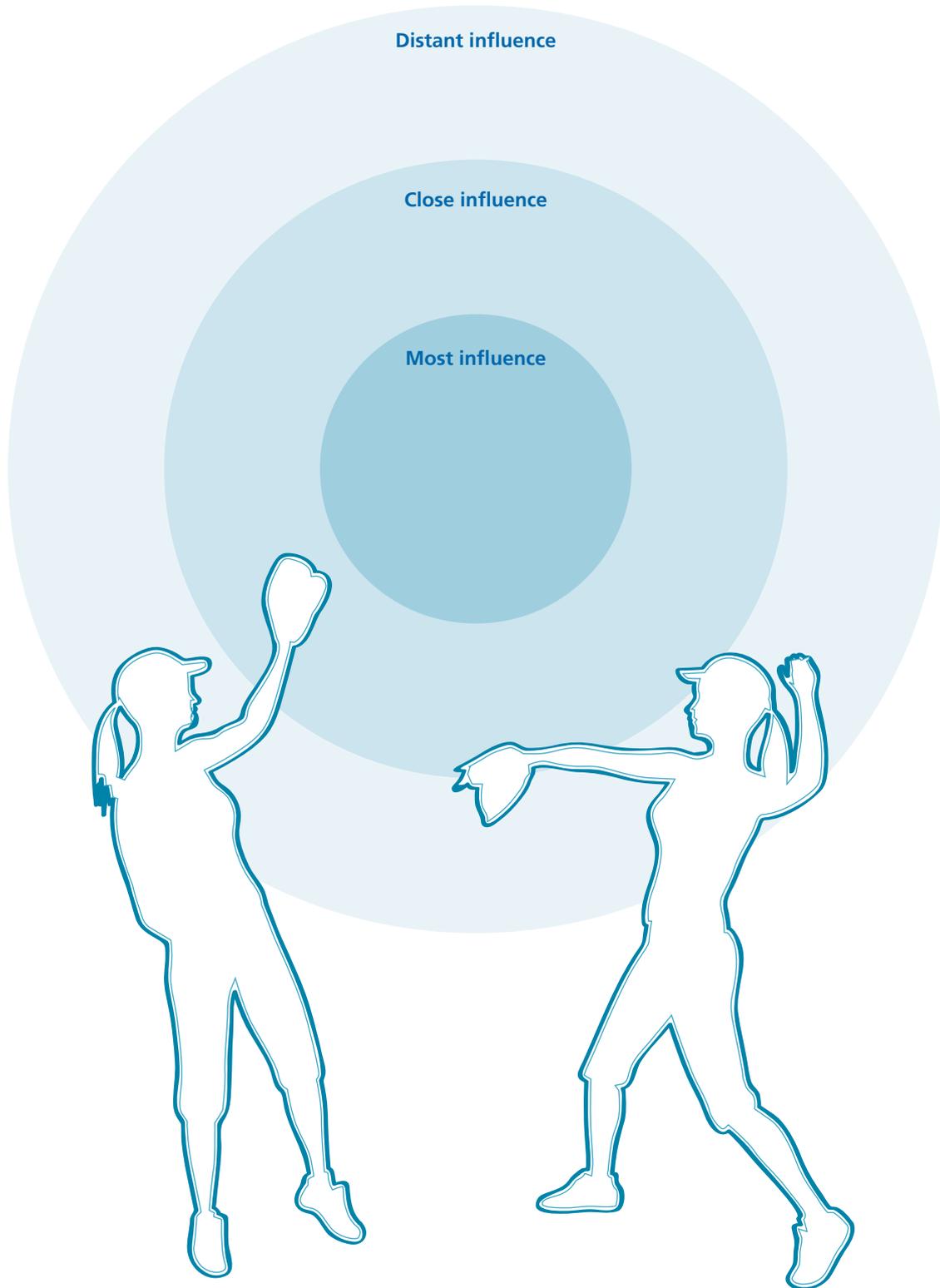
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Now you need to discover what makes your passion explode!

## CIRCLES OF INFLUENCE

Think of the people who support you. Write the names of those who have the most influence in the inner circle. Then put those people who have a close influence on you in the next circle, and those with a distant influence on you in the outer circle.



Behaviour = (personality x environment)



# Making change happen

LONG-TERM GOALS	SHORT-TERM GOALS	MONTHLY GOAL	WEEKLY GOAL	GOAL FOR TODAY
What I really want to accomplish in the next two to three years is...	What I really want to accomplish in the next one to two years is...	What I really want to accomplish in the next three months is...	What I really want to accomplish in the coming week is...	What I really want to accomplish today is...
To help me get there I'll need to...				
There are several obstacles in my way...				
To overcome them I will...				
I'll know I'm on my way when...				

