

W.O.W. GOALS



THE SYSTEM TO ACHIEVING BIG
GOALS AND DREAMS

**HOW MANY OF
US HAD A
NEW YEAR'S
RESOLUTION?**



HOW MANY OF US STUCK WITH IT?



#wowgoals



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**ABOUT 38% OF AMERICANS
MAKE A RESOLUTION**

**WHAT PERCENTS STICKS
WITH THEM FOR A YEAR?**

9%

**BEING MORE
INSPIRED**

**HIGHER
PERFORMANCE**

**BUILD
DISCIPLINE**



**POWER OF
GOAL SETTING**

**SUSTAIN
MOTIVATION**

**CREATE
CLARITY**

**INCREASED
ACCOUNTABILITY**

**CHANGE
BEHAVIOR**

THE GOAL IS GOOD

THE PLAN IS GREAT



#wowgoals



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WHAT IS A GOAL?



AIM OR DESIRED RESULT



TARGET OR AMBITION



A FOCAL POINT OR DESTINATION

MAKE IT MAKE SENSE



- EVERGREEN (LONG TERM) - 1YR/3YR/5YR
- SEASONAL (SHORT TERM) 30/60/90 DAYS
- INTERNAL AND EXTERNAL
 - MENTAL
 - PHYSICAL
 - FINANCIAL
 - SOCIAL
- BIG ROCKS
 - ONE WORD/PHRASE TO REMIND, REFOCUS, RE-ENERGIZE
- REVERSE ENGINEERED
 - GOALS SHOULD SUPPORT/COMPLIMENT EACH OTHER

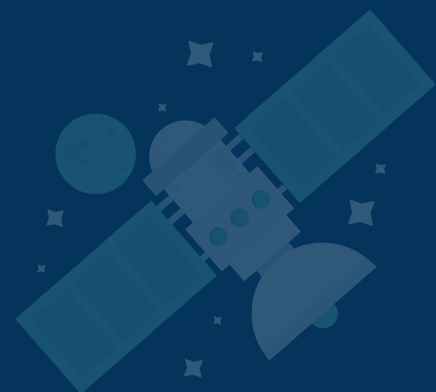
POWER OF A TREE



WRITE YOUR NAME, AGE,
AND DATE ON THE PLATE

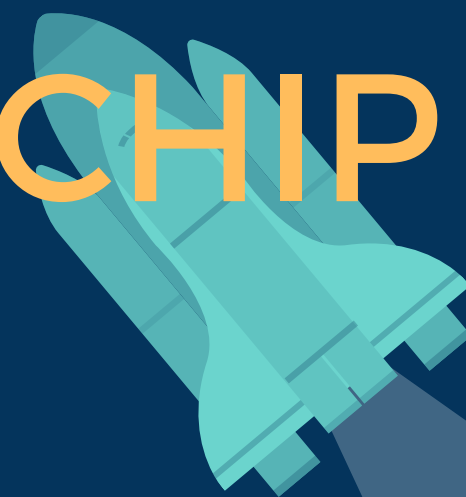
WRITE SOMETHING YOU
WANT TO ACCOMPLISH
PROFESSIONALLY AND
PERSONALLY IN THE
NEXT 30 DAYS

DRAW A TREE

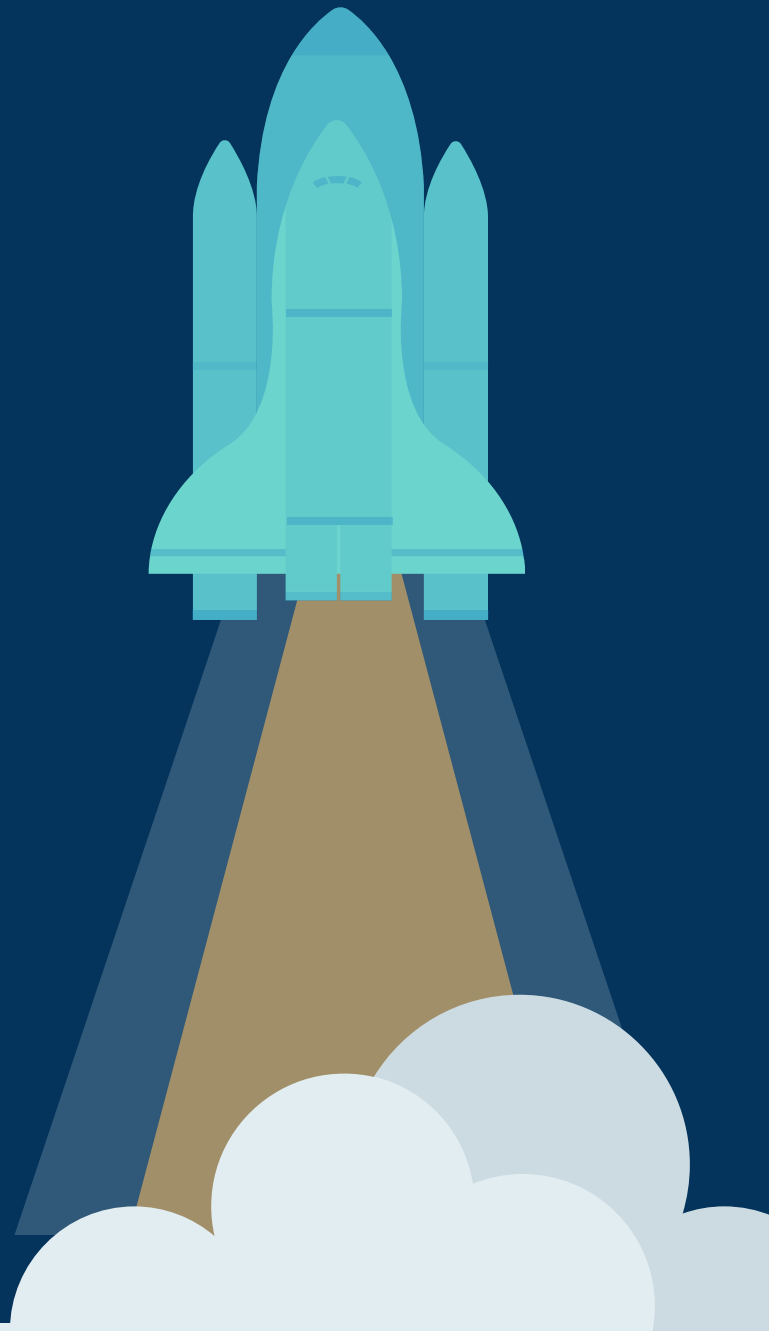


ALL IN

MAKE A DECISION, PUT A CHIP IN
THE CUP....IT'S SIMPLE 🤔



FACEBOOK or TWITTER



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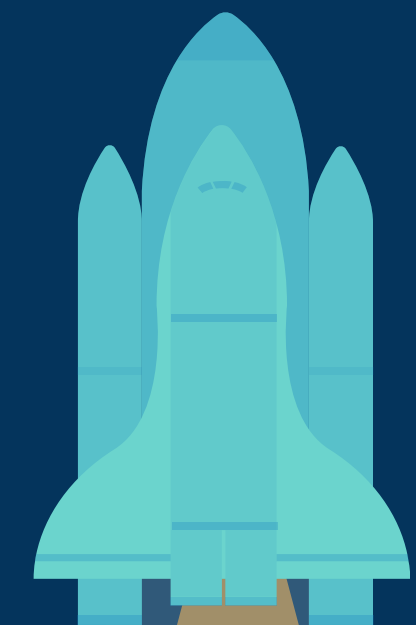


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INSTAGRAM

or

TIK TOK



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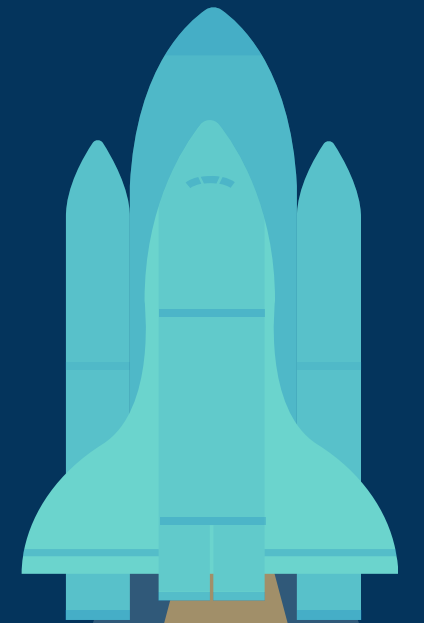


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WATCH TV

or

WATCH NETFLIX



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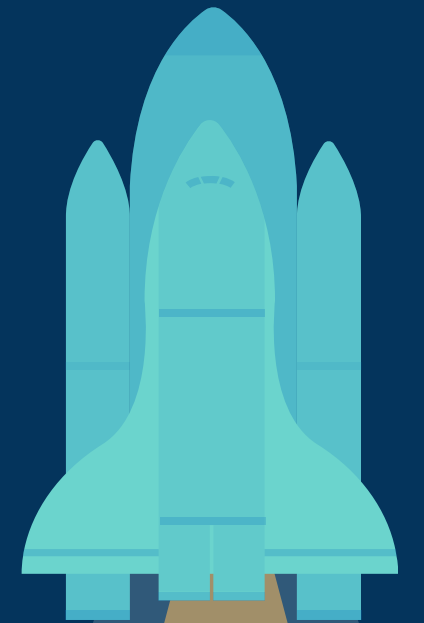


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PLAY VIDEO GAMES

or

PLAY GAMES ON MY PHONE



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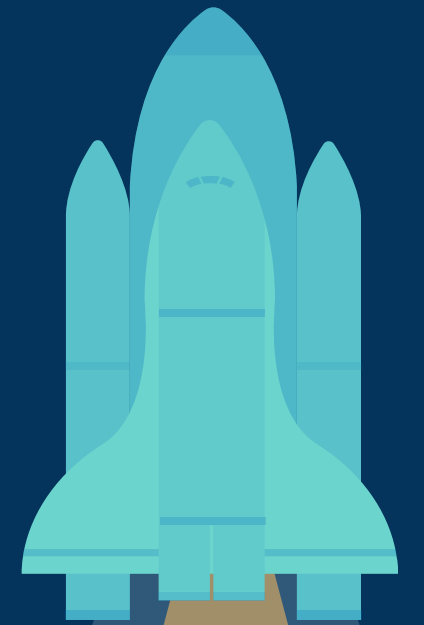


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**WORK LONG HRS
MAKE TONS OF MONEY**

or

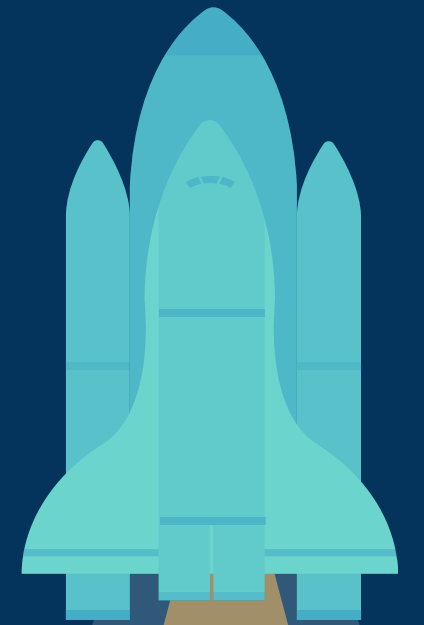
**WORK JUST ENOUGH TO
SUPPORT YOUR LIFE**



**BE PASSIONATE ABOUT
THE WORK YOU DO**

or

YOUR JOB IS JUST A JOB



#wowgoals

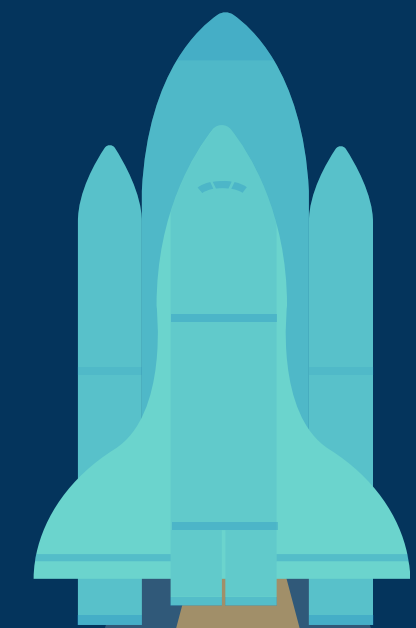


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**BE SINGLE AS A
PRINGLE**

or

**BE MERRY
AND MARRIED**



#wowgoals

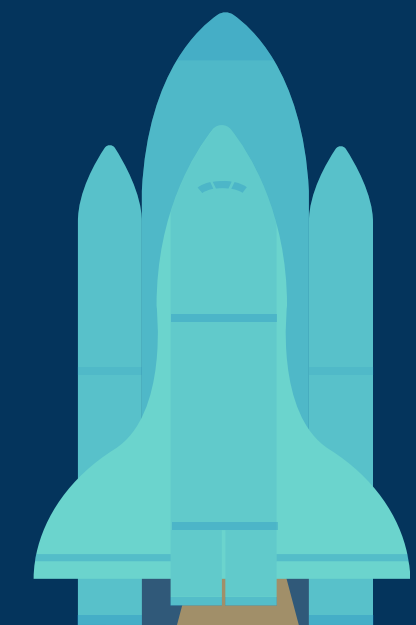


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HAVE KIDS

or

FTK



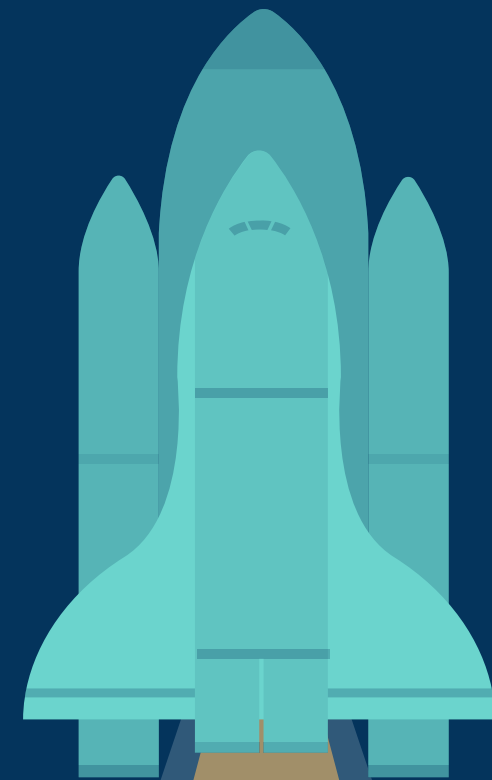
#wowgoals



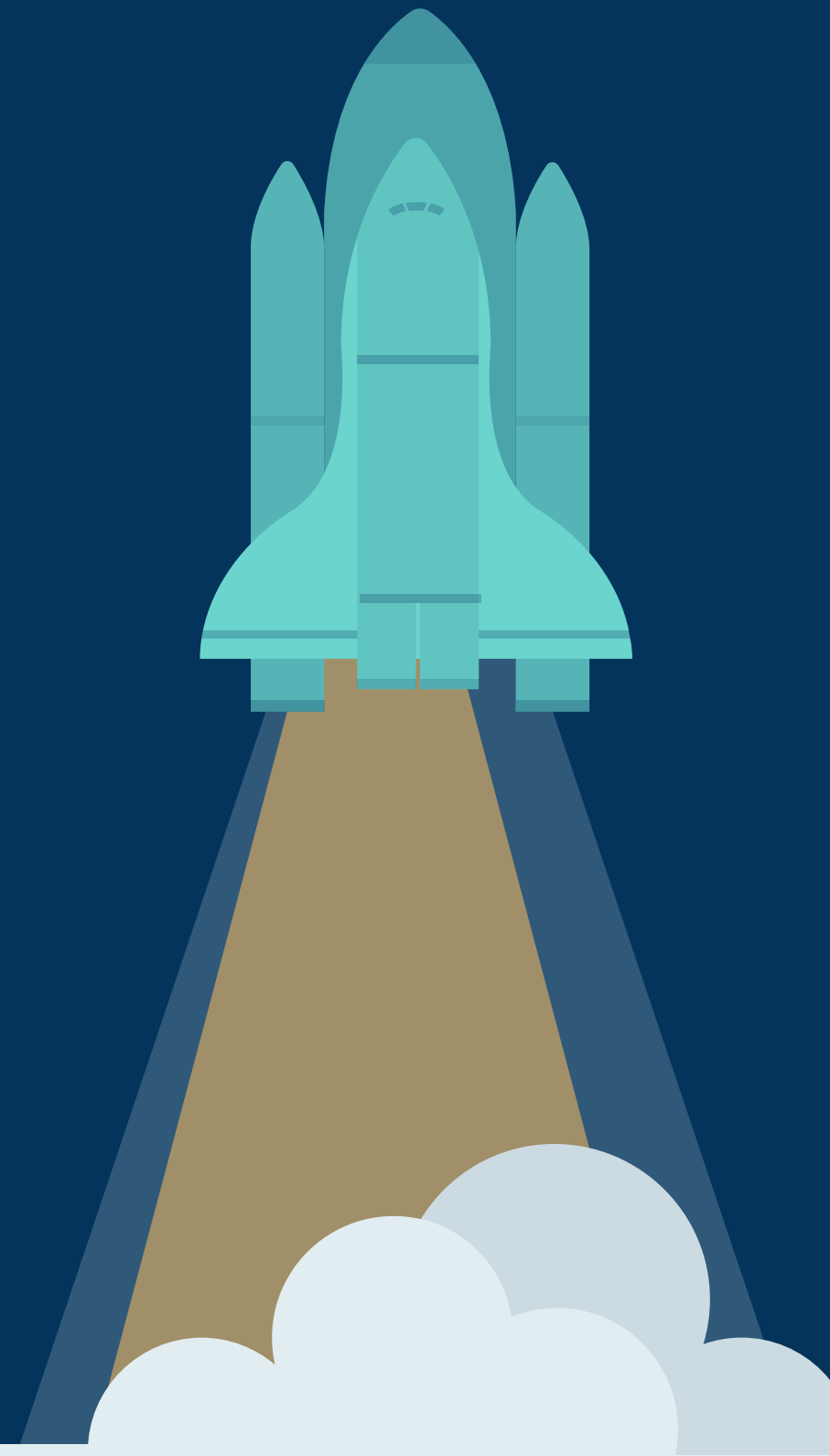
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**THERE ARE AN
INFINITE AMOUNT OF
CHOICES FOR YOUR
FINITE AMOUNT OF
FOCUS....**

**CHOOSE
WISELY!!**



WHAT WOULD YOU DO
DIFFERENTLY NOW
THAT YOU KNOW YOU
THERE ARE **MORE**
CHOICES THAN CHIPS?



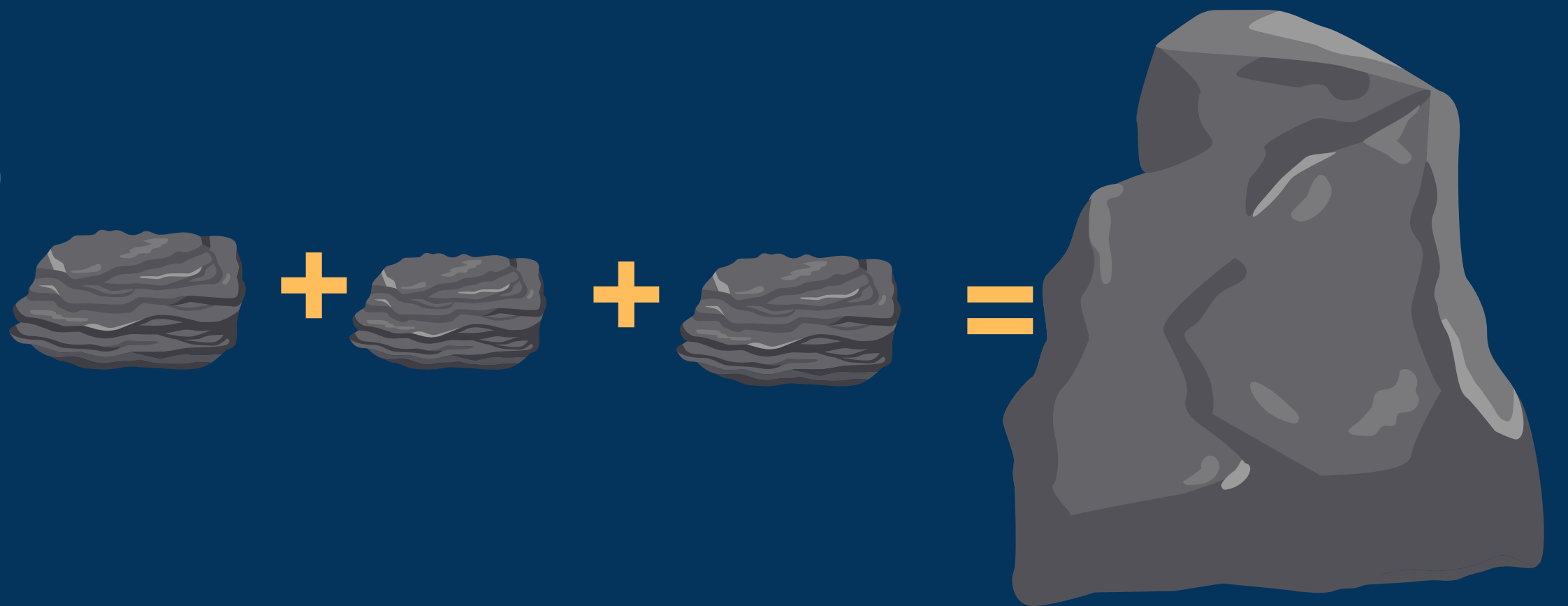
THE GOAL IS GOOD
THE PLAN IS GREAT
THE ACTION IS THE MAGIC

WHAT ARE THREE MAJOR STEPS YOU NEED TO MAKE YOUR GOAL A REALITY?



MICRO-WINS MATTER

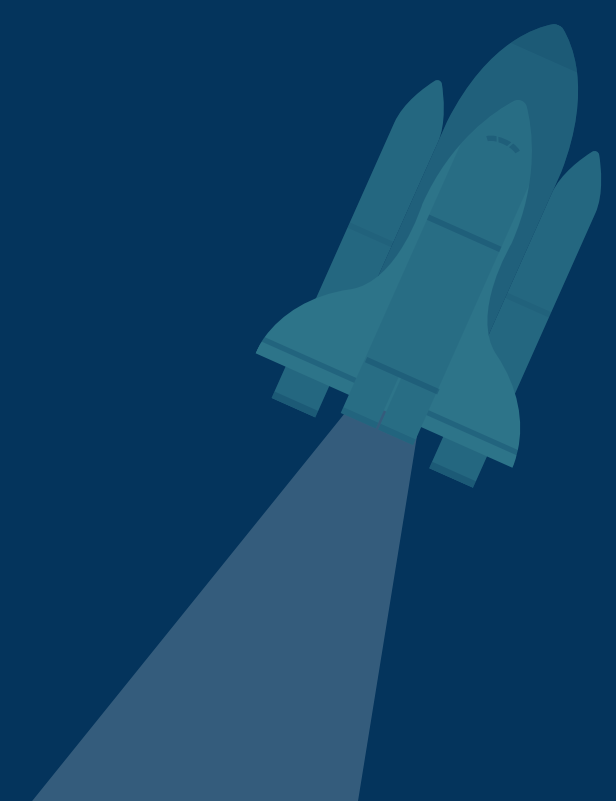
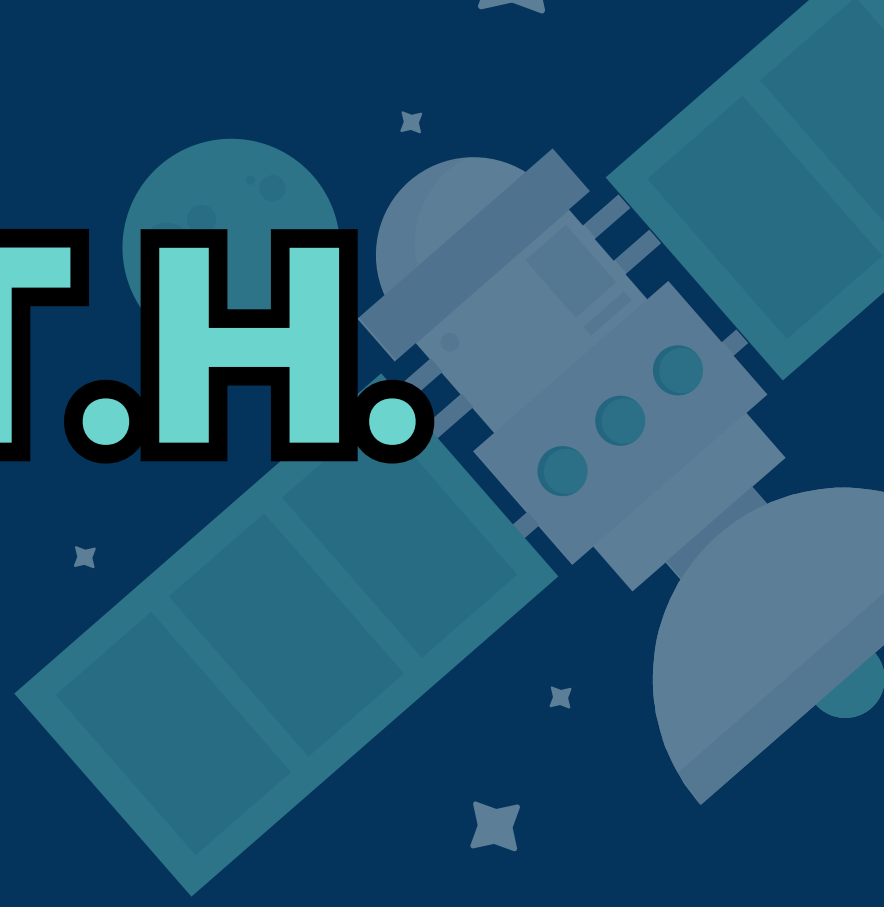
**WHAT ARE SMALL
SUSTAINABLE CHANGES
YOU CAN MAKE THAT
SUPPORT YOUR BIG
THREE STEPS?**





Control your E.A.R.T.H.

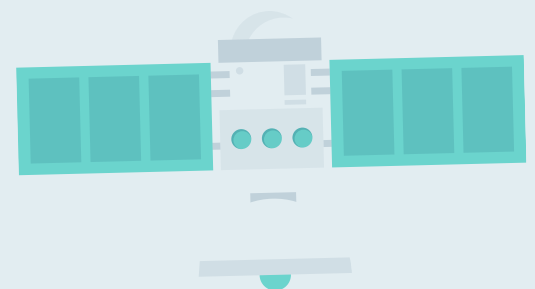
**Effort
Attitude
Response
Thoughts
Habits**



Hello my name is _____

My WOW Goal is _____

**and over the next 30 days, I
will work toward my goal
by....**



EDUCATOR RESOURCE KIT

LEADERSHIP IS A VERB CONSULTING

THE MEDIOCRE TEACHER TELLS. THE GOOD TEACHER
EXPLAINS. THE SUPERIOR TEACHER DEMONSTRATES. THE
GREAT TEACHER INSPIRES.

— WILLIAM ARTHUR WARD

HERE ARE A FEW RESOURCES TO HELP YOU BETTER ENGAGE THE COMMUNITY YOU SUPPORT. IT IS STUDENT FACING, HOWEVER THE CONCEPTS ARE UNIVERSAL ENOUGH THAT THEY CAN BE APPLIED TO PARENT, COLLEAGUE, AND OTHER STAKEHOLDERS! IT IS OUR HOPE THAT YOU USE THESE RESOURCES TO HELP FOLKS BECOME THE DOPEST VERSION OF THEMSELVES !

MESS AROUND AND FIND OUT

This is a great activity to help groups create and/or strengthen connections. It also allows you to guide conversations by selecting topics that are relevant to your lesson/event/organization. You can make one of the squares about you, so the group has to interact with you to complete the task! There are endless ways to customize this activity! Take the template and run with it!

MESS AROUND AND FIND OUT *Bingo*

Walk around the room and introduce yourself and where you are from to other participants. Discuss the prompts in the boxes below and place their name in the respective box. You can only use a person's name in one box. Meet as many people as you can, fill as many boxes as possible!

HAVE FUN, BE HONEST, THERE IS A PRIZE!!

Pick a vacation: Action vs Relaxing find a vacay buddy that matches your vibe	Find someone from Chicago and ask "Uncle Remus or Harolds" Record their answer	Find person with 10yrs or more of experience in Trio ask "Why are you still here?"	What is the one meal you could eat every day all day?
Find someone that has lived outside the US. Ask what was the biggest difference	Find someone that is from or currently lives in the DMV	Find someone and do your favorite old school dance	Find a HBCU Graduate and ask what their school is known for
What is the your favorite movie of all time?	Find a friend that has worked for 4 or more employers	Find person with 1-5 yrs in Trio ask "Why did you start?"	Find someone with an android phone and pray for them
Find someone that knows what TRIO stands for	If you could only listen to one artist/group for the rest of your life...who would it be?	Find a friend that has been to 5 or more COE conferences. Ask for a tip to get the most out of your time	If you are having a rough day, what snack or candy can help turn it around?
Find someone and ask why they love working for their program	Say the quote below to a partner until someone identifies the source "His momma named him clay, I'mma call him Clay"	Find someone that has traveled to 15 or more states. Ask which was their favorite	What is the your favorite TV SHOW of all time?

KICK IT WITH ME!

KICK IT WITH ME

- THIS IS A GREAT OPPORTUNITY TO CONNECT WITH YOUR SCHOLARS.
- HAVE THEM DECORATE/DESIGN THEIR "KICK" OF CHOICE. BE SURE THEY INCLUDE SOME OF THEIR FAVORITE THINGS IN THE DESIGN (COLORS, BRANDS, ACTIVITIES, GOALS, LIKES, ETC.).
- AFTER THE SCHOLARS DESIGN THEIR KICKS, INVITE THEM TO SHARE THE DETAILS BEHIND THEIR DESIGN.
- THEN POST IT SOMEWHERE WHERE THE WORLD CAN SEE THEIR GREATNESS!
- BE SURE TO USE THE INFO ABOUT WHAT YOUR STUDENTS LIKE AND WHAT MOTIVATES THEM AS FUEL FOR THE REST OF THE YEAR!



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KICK IT WITH ME



KICK IT WITH ME



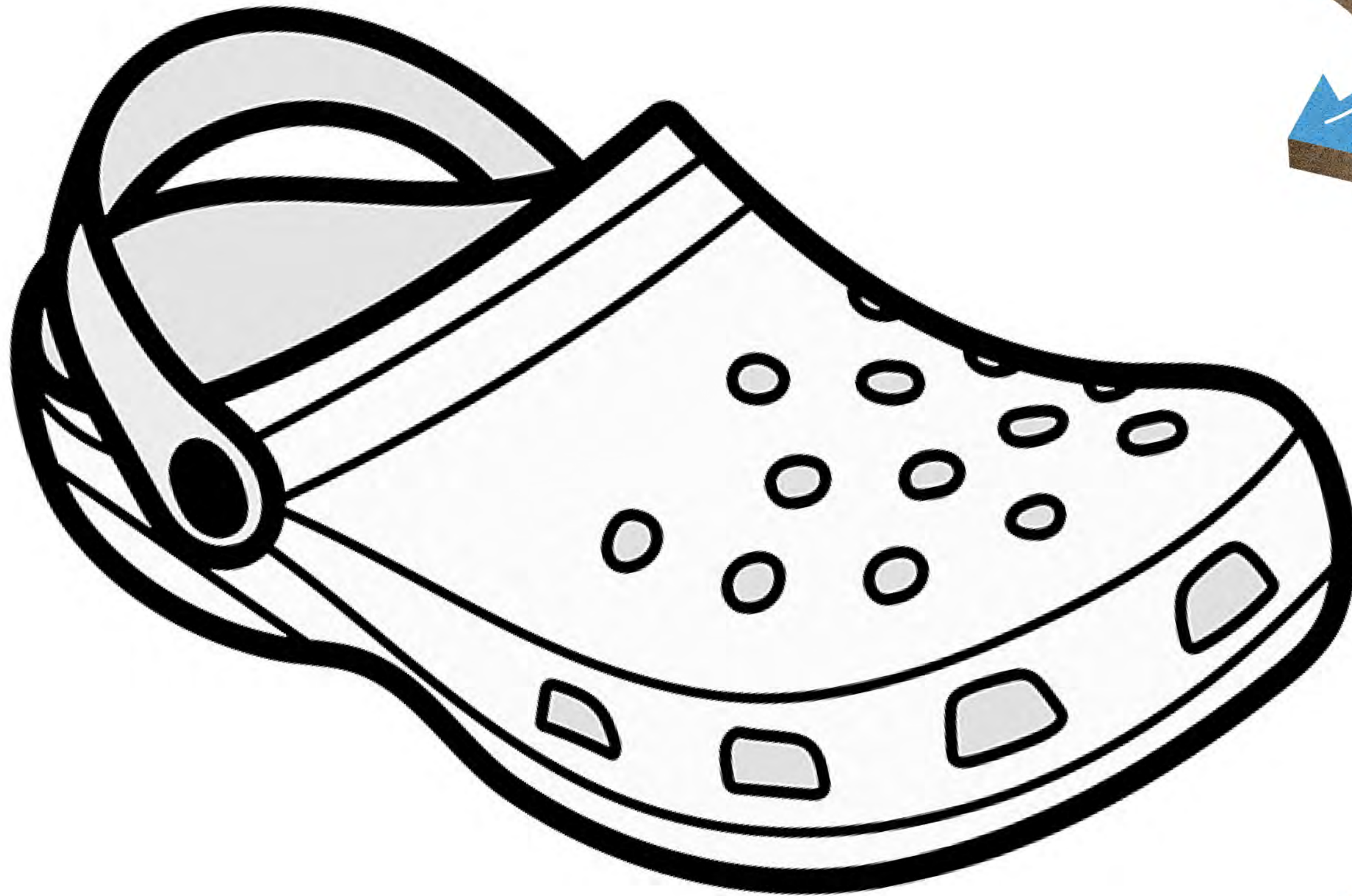
KICK IT WITH ME



KICK IT WITH ME



KICK IT WITH ME



KICK IT WITH ME



KICK IT WITH ME





IF YOU USE THIS IN THE CLASSROOM BE SURE TO
POST ON SOCIAL MEDIA AND TAG @CHRISCSPEAKS ON
INSTAGRAM AND X (FORMALLY KNOWN AS TWITTER)

FOR MORE RESOURCES OR TO BRING CHRIS TO YOUR
CAMPUS VISIT **CHRISCSPEAKS.COM**



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speaks

CAP OR NO CAP

no CAP - ALL CAP



- **LET'S HELP OUR SCHOLARS SEE THEIR FUTURE!**
- **INSTRUCT YOUR SCHOLARS TO DECORATE THIS GRADUATION CAP WITH THE FOLLOWING:**
 - **GRADUATION YEAR OR "CLASS OF" ON THE TASSEL**
 - **FOLKS THEY WOULD THANK OR THAT WOULD BE PROUD OF THEM ON THE TOP**
 - **PERSONAL GOALS THEY NEED TO REACH TO GRADUATE (GRADES, BEHAVIOR, ,
POST HIGH SCHOOL PLANS (COLLEGE, MILITARY, WORK FORCE, ETC.)**
 - **ANY OTHER COOL THINGS THEY WANT TO ADD**
- **BE SURE TO PUT THIS CAP SOMEWHERE YOUR SCHOLARS CAN SEE IT
(YOU MAY EVEN WANT TO CREATE A LAMINATED VERSION FOR THEM TO KEEP)**

"NO CAP - ALL CAP"



THE POWER OF A TREE

For this activity you need a paper plate and something to write with. Preferably a plain white non coated paper plate and a pencil or marker.

Have your group write their name, their age/yrs of service/grade (pick one), and a goal they want to accomplish in 30 days.

Next, have them draw a tree (any tree, any size).



THE POWER OF A TREE

The next steps are where the magic happens! Have your group place the plate on top of their head, drawing side up.

Next, while the plate is on there head, have them draw the following (allowing no more than 10 secs):

- tree -sun
- dog -house
- self portrait



THE POWER OF A TREE

Once their masterpiece is done, count to three and have everyone take a look at their artwork! After a few moments of taking in the sight, have your group switch plates so they can be graded. Have the “graders” see if they can identify the items without help from the original artist (i.e. the tree, sun, etc.) You can assign random point values to each or keep it uniform.

DEBRIEF

Ask what made the activity challenging? What were your thoughts when you first saw your plate? What were the challenges in “grading” the plate? What do you think we can take away from this activity?



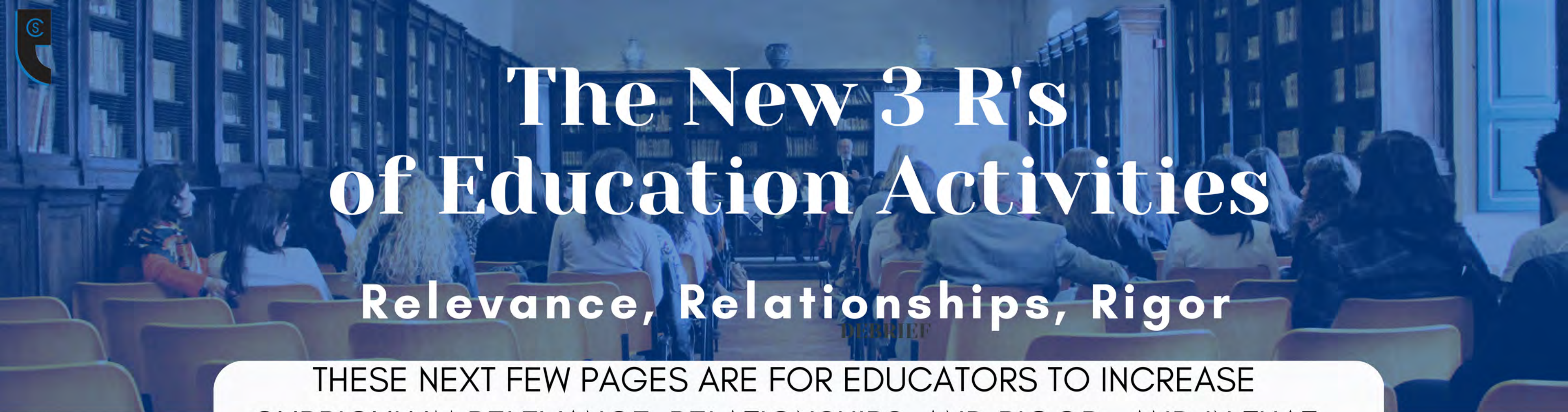
THE POWER OF A TREE

KEY TAKE AWAYS:

This activity can be used to teach a myriad of concepts, however these are the three overa principle:

1. The Power of Vision - identify the items without context is challenging, but when you know what youre looking for, it makes it a little easier
2. The Power of Grace - seeing your plate before grading someone else's is a great reminder of how challenging this taak was. Hopefully that inspired you to look a little harder me deeper.
3. The Power of a Shared Experience - When we experience challenge

THE 3 R'S OF
EDUCATION



The New 3 R's of Education Activities

Relevance, Relationships, Rigor

THESE NEXT FEW PAGES ARE FOR EDUCATORS TO INCREASE CURRICULUM RELEVANCE, RELATIONSHIPS, AND RIGOR. AND IN THAT ORDER! WE MUST FIRST BECOME RELEVANT TO OUR SCHOLARS BY INCORPORATING CREATIVE AND ENGAGING CONTENT. THEN WE MUST BUILD MEANINGFUL RELATIONSHIPS WITH OUR SCHOLARS BY ALLOWING OUR SPACES TO BE STUDENT-CENTERED, STUDENT-LEAD, AND STUDENT-CALIBRATED. THEN WE CAN INCREASE THE RIGOR AND OUR EXPECTATIONS BY DEVELOPING CURRICULUM AND LESSONS WITH A LASTING IMPACT ON STUDENT ACHIEVEMENT.

Relevance, Relationships, Rigor

The Playlist

CREATE A PLAYLIST FOR:

- THEIR SUMMER ACTIVITIES OR VIBE
- THE SOUNDTRACK OF THEIR LIFE (TOP SONGS IN THE YEARS THEY'VE BEEN ALIVE)
- CURRENT EVENTS (SOCIAL JUSTICE, GENDER EQUALITY, CLIMATE CHANGE, ETC)

DEBRIEF

- WHY DID YOU PICK THOSE SONGS?
- HOW EASY WAS IT TO FIND SONGS THAT MATCHED YOUR TOPIC?
- WHAT IS THE TONE/MOOD OF THE SONGS?
- WHAT DO THESE SONGS SAY ABOUT STATE OF THE TOPIC (IS IT POSITIVE, IS THE OUTCOME LOOKING GOOD, DEPRESSED, NEGATIVE, ETC)

WHAT'S THE POINT?

CREATING THIS PLAYLIST ALLOWS FOR SELF-EXPRESSION AND CREATES A STUDENT-CENTERED AND STUDENT-CALIBRATED CONVERSATIONS. FACILITATORS CAN CREATE ONE TOO AND COMPARE THE TONE/OUTLOOK OF SITUATIONS. HAVE WE CHANGED OR ARE WE STILL FIGHTING THE SAME BATTLES?

THIS CAN EVOLVE INTO CONVERSATIONS ABOUT VOICE, CONTROL (ARTIST VS. LABEL), HISTORY, ETC. THE PLAYLIST NOW PROVIDE A COLLECTIVE BACKDROP STUDY TIME, TRIPS, ETC. IT IS ALSO A GREAT WAY TO GET TO KNOW MORE ABOUT THE STUDENTS, THEY CAN GUESS WHO CREATED THE PLAYLIST, OR WHY THEY CHOOSE A SONG.



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The New 3 R's of Education Activities Workbook

Relevance, Relationships, Rigor

The Family Tree

CREATE A FAMILY TREE FOR:

- FAVORITE FOODS
- GENRE OF MUSIC
- CAREER CHOICES
- MOVIES, SERIES, ACTORS
- LAWS, COMMUNITIES,
POLITICS/POLITICIANS

DEBRIEF

- What surprised you about the roots of your topic?
- How is your current community/culture connected to your topic?
- What factors impacted the creation, influence, and growth of your topic? (Economics, health, immigration, collaboration, etc.)

WHAT'S THE POINT?

GETTING TO THE ROOTS OR ROOT OF THINGS HELPS GIVE A DEEPER UNDERSTANDING OF THE CURRENT STATE OF OUR WORLD. SEEING THE EVOLUTION OF YOUR FAVORITE MUSIC GENRE, FOOD, OR ACTOR CAN BE TIED IN TO THE EVOLUTION OF THE STUDENT, THE CULTURE, THE COUNTRY.

THE TIE-INS FOR CONVERSATIONS ON ECONOMICS, CHARACTER, IMMIGRATION, SOCIAL JUSTICE, HUMAN RIGHTS, AND COMMUNITY DEVELOPMENT ARE ENDLESS. NOW WHEN YOU HAVE A PIZZA NIGHT OR TACO TUESDAY, IT CAN BE ACCOMPANIED BY A PRESENTATION ON HOW THAT FOOD CAME TO BE AND THE STORY BEHIND IT ENDING UP IN WESTERN CULTURE, HOW YOUR FAVORITE ARTIST OWES THERE SOUND/PLATFORM TO ONE OF YOUR GRANDPARENTS FAVORITE ARTIST, OR HOW THE LAWS ON THE BOOKS NOW ARE RELATED TO DECADE OR CENTURY OLD IDEAS



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The New 3 R's of Education Activities Workbook

Relevance, Relationships, Rigor

The Brackets

CREATE A BRACKET FOR:

- FAVORITE FOOD
- MOST INFLUENTIAL MUSIC GENRE
- BEST SNEAKER
- MOST LIT CITY
- BEST CAREER

DEBRIEF

- How do we collectively agree and define what's best?
- What is the criteria for winning a bracket?
- How do we resolve conflict (ties, differences in opinion, etc)
- Do you feel the process was fair?
- Did the best thing actually win?

WHAT'S THE POINT?

WHETHER THE BRACKETS LAST FOR A LESSON, A DAY, OR AN ENTIRE YEAR, THEY ARE SURE TO GENERATE ENGAGEMENT AND DISCUSSION. STUDENTS ENGAGE IN THE POWER OF COMPROMISE, COLLABORATION, AND PERSUASION. WANT TO REALLY TURN UP THE ENGAGEMENT? ASSIGN STUDENTS/GROUPS A TOPIC TO CHAMPION OR LOBBY, BONUS POINTS IF ITS A TOPIC YOU KNOW THEY DON'T AGREE WITH!

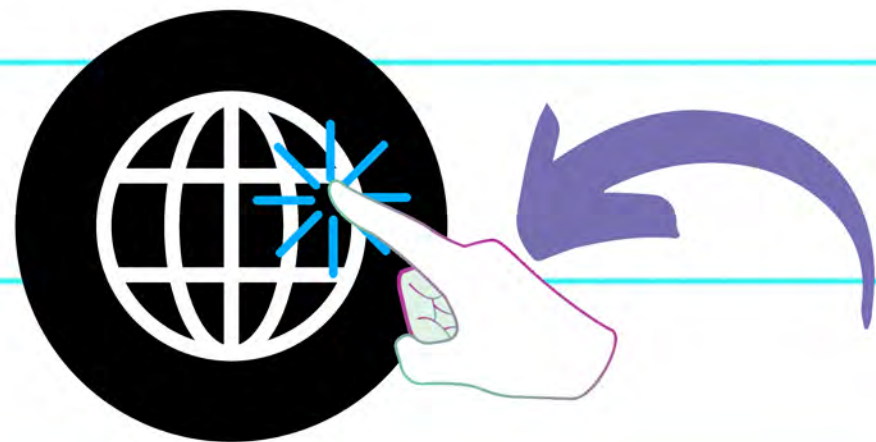
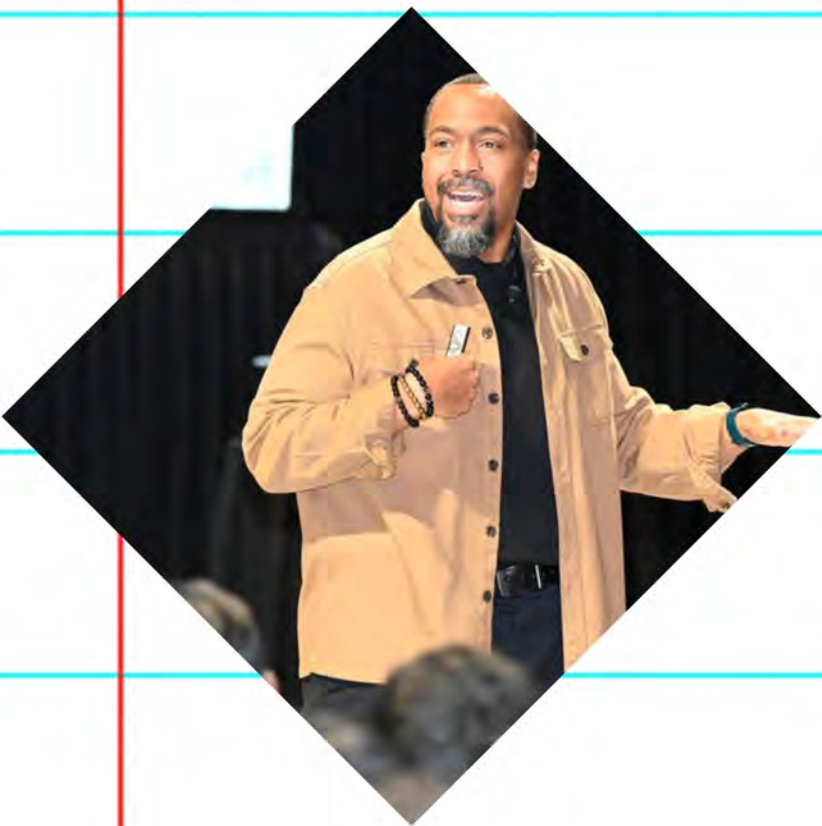
THIS ACTIVITY LEADS TO CONVERSATIONS ABOUT THE POLITICAL PROCESS, FORCED RANKED METRICS, DECISION MAKING, AND ETHICS. STUDENTS CAN FIND THE BEST COLLEGE, MAJOR, ETC. ALL WHILE DEFINING THE PARAMETERS, GAINING FROM THE PERSPECTIVE OF THEIR PEERS, AND CHALLENGING THEIR OWN BELIEFS THROUGH REFLECTION



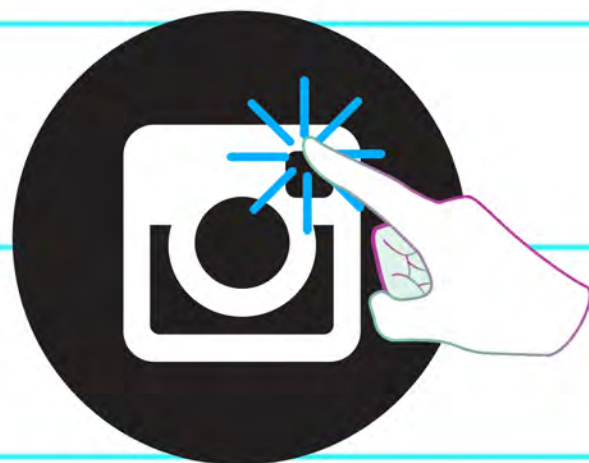
STUDENT
ENGAGEMENT



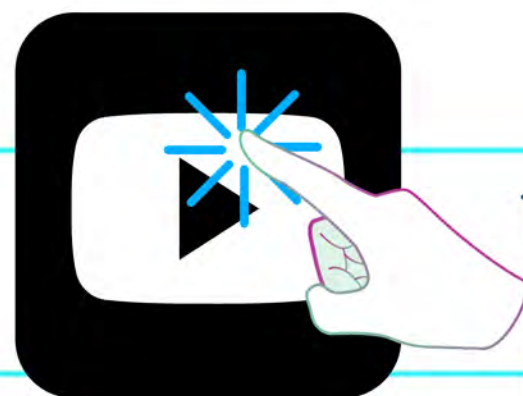
ORGANIZATIONAL
CLIMATE



CONNECT WITH CHRIS



CLICK HERE TO BOOK CHRIS FOR YOUTH EVENTS



TO BRING CHRIS TO YOUR ORGANIZATION
EMAIL BOOKING@CHRISCSPEAKS.COM





THANK YOU!

Thank you for all the work you do to improve the lives of folks in your community! If any of these resources help you, let us know, we love a good success story! email us at chris@chriscspeaks.com

