

MY ACTION WHEEL

ONE 2 ONE ACTIVITY

AIM:

This is a one to one exercise which is not necessarily looking directly at substance misuse but highlights how it may be a factor in affecting what a young person wants to achieve. This exercise encourages young people to consider their strengths and how those strengths will help them get what they want to achieve, also encourages them to begin planning how they are going to get there and what barriers may get in the way.

INSTRUCTIONS FOR FACILITATORS:

This should be completed one to one, where the facilitator will guide each young person through the exercise. It is important that the young people draw their own conclusions. Begin by asking them to consider what they would like to achieve. This may be relating to a particular subject such as with their education, relationships, social activities, plans for the future, etc. Then work anti-clockwise through the actionwheel with the young people individually, considering what information they need to gather, who could help them, what are their strengths as well as fears. The final section asks them what might get in the way of them achieving their goals. This is an opportunity to discuss how consequences of substance misuse could get in the way, but remember, it is important for the young people to find the obstacles rather than being told about them.

An extension of this exercise could then be a stepping stone activity, where they break down what they want to achieve into small manageable steps. This could form an action plan of tasks the young people individually could set themselves towards their achievements.



MY ACTION WHEEL

NEED MORE
INFORMATION

WHAT I WOULD LIKE
TO ACHIEVE

THE
OBSTACLES

COULD GET
SUPPORT FROM

MY FEARS

MY STRENGTHS