
Creative Interventions and Activities Clearinghouse

Group Recipe for Success: A Technique for Goal Setting

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Purpose:

The purpose of this creative intervention is to assist the client in visualizing goals and creating an action plan.

Materials Needed:

Drawing materials (paper, markers, pens, pencils); magazines; scissors; glue

Procedures:

The client thinks of a personal goal and illustrates this on paper (either by markers and pencils or magazine clippings). The client brainstorms all of the ingredients for making this goal a reality (i.e. personal qualities, strengths, resources, supports) and outlines the ingredients to make them into an action plan. Clients may interview friends/family who have reached their desired goal for inspiration. In a group setting, members can give feedback and comments, and members with similar goals can discuss their differences in goal setting. At the end of the group session the recipes can be combined to make a book.

Process Questions and Follow-Up:

None

Practice Setting:

Mental Health Agency/Private Practice