Sheila Love IMPACT-ology Mastermind

“Sheila Love — Where Everything Is Possible”

LESSON 2

Goals

Position	Lesson 2 of 20
Duration	40–50 minutes
Age Group	12–18 years, Liberia, West Africa
Core Idea	A goal is something you have never done before. Its real purpose is not the prize. It is who you have to grow into to reach it.

1. LEARNING OBJECTIVES

By the end of this lesson, students will be able to:

1. Explain the difference between something you already know how to do and a real goal
2. Name the four stages a goal moves through: Fantasy, Theory, Goal, Fact
3. Explain why a goal must be worthy before it can pull you forward
4. Write one goal of their own, honestly, in their own words

2. OPENING HOOK (5 minutes)

Ask the class a question, and don't let anyone answer straight away.

“What is something you are already good at?”

Let a few hands go up. Bicycle repair. Braiding hair. Free kicks. Whatever comes.

Now ask the real question.

> “When is the last time you did something you had never done before, and did not know if you could?”

Watch the room go quiet. That quiet is today's lesson.

3. CORE CONTENT

The Goal That Isn't One

Here is a trick the mind plays on everybody.

If you are already good at fixing bicycles, and you set a goal to fix another bicycle, that is not a goal. That is a task. You already know how.

A real goal is something you have never done before. It has to stretch you, or it is not a goal at all. It is just a longer version of what you already do.

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This matters, because most people call their comfortable tasks 'goals' and wonder why nothing in their life changes.

What a Goal Is Actually For

Here is the part nobody tells you.

The prize at the end is not the point. The person you become while chasing it is the point.

A student who sets out to pass an exam they were never expected to pass does not just get a certificate. They get a different person looking back at them in the mirror. Someone who now knows they can do a hard thing.

That is the real purpose of a goal. Growth first. The result second.

Fantasy to Fact

Every goal you will ever reach travels the same road. Four stages.

FANTASY. A loose idea. No shape yet.

THEORY. You start asking whether it is possible, and how.

GOAL. You commit. You decide this one is worth pursuing.

FACT. It exists. It happened.

Most people's dreams die at fantasy. They never even reach theory.

Make It Worthy

A goal only pulls you forward if it is worthy of your effort.

Not worthy to your neighbor. Not worthy to your teacher. Worthy to you.

And goals take time. Nobody passes WAEC the week after deciding to try harder. Nobody builds a business, or a skill, or a reputation, in a single season.

Worthy, and patient. Both, together.

4. STORY: ‘THE SECOND BICYCLE’

THE SECOND BICYCLE

Moses could fix any bicycle in the neighborhood by the time he was fourteen.

Chains, brakes, punctures, wobbling wheels. Neighbors brought their bicycles to the yard behind his uncle's shop, and Moses fixed them for a little money, sometimes for nothing at all if the owner was a child his own age.

His uncle, Mr. Sonpon, ran a small repair shop on the main road, mostly motorbikes and generators. He had watched Moses fix bicycles for two years and said nothing about it, one way or the other.

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One Saturday, the generator that powered the whole shop's lights and the freezer next door stopped dead in the middle of a job. Mr. Sonpon was away in Buchanan for two days.

The freezer belonged to Ma Comfort, who sold cold drinks and fish to half the street. If the generator did not run by evening, everything in that freezer would spoil.

Moses had never touched a generator in his life.

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He stood over it for a long time, tools laid out, hands not moving. Fixing a bicycle, he always knew where to start. This was different. This had wires. This had a fuel line he did not understand. This could actually break something, not just stay broken.

His younger cousin, watching from the doorway, said, “Just wait for Uncle.”

Moses almost did.

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Instead he opened the generator's manual cover, the one that had been sitting in a drawer since the machine was bought, and started reading it the way he used to trace bicycle chains with his fingers, slow, one part at a time.

It took him three hours. He got the fuel line wrong twice. He burned his hand once on the exhaust and kept going.

When the generator coughed and caught, the whole street heard it before Moses did.

Ma Comfort's freezer hummed back to life an hour before dark.

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Mr. Sonpon came back two days later and heard the story from three different neighbors before Moses said a word about it.

He looked at his nephew for a long moment.

“Bicycles you already knew,” he said. “That generator, you didn't.”

Moses shrugged, still a little embarrassed by the burn mark on his hand.

“So which one made you somebody new?” his uncle asked, and did not wait for an answer before going inside.

5. ACTIVITY (10 minutes)

Materials: any paper, any pen or pencil.

1. Write down one thing you already know how to do well. This is not today's goal. It's just a warm-up.

2. Now write one thing you have never done before, that would genuinely stretch you.

3. Next to it, mark which stage it's at right now: Fantasy, Theory, Goal, or Fact.

4. Write one sentence on why this goal is worthy of your effort, in your own words, not anyone else's.

5. Write one sentence on what kind of person you would be after reaching it, win or lose.

6. DISCUSSION QUESTIONS

1. What did you notice about the difference between a task and a real goal?

2. Which stage, Fantasy, Theory, Goal, or Fact, is most of your own thinking stuck at right now?

3. Where in your own life have you already crossed from Theory into Goal, the way Moses did?

4. What is one thing you could do this week to move your goal one stage forward?

7. FACILITATOR NOTES

Some students will write down a task disguised as a goal. Gently push back: ask "have you done this before?" If yes, ask them to go bigger.

The WAEC exam is the sharpest local example of Fantasy to Fact. Use it if the room needs an anchor.

Don't let anyone mock another student's goal, however small it sounds out loud. A quiet house and a university degree go through the same four stages.

'Worthy' is personal. Resist the urge to tell a student their goal isn't big enough. That judgment is not yours to make.

Keep today's written goal. It returns in later lessons, and again at the end of the course.

8. BRIDGE TO LESSON 3

Before students leave, ask:

"You've named a goal today. But something inside you decides whether you actually believe you can reach it. What do you think that something is?"

Let them guess.

"We start finding out next time."