

SECTION ONE!



PICK A BRAIN, ANY BRAIN!



WORKING OUT WHAT YOU WANT

The first reason zombies are **aWeSOMeLy** inspirational is because they **SET A GOAL**, something they really, **REALLY** want to achieve. Yes, what they want to achieve is to nibble on your ear for afternoon tea, which isn't great, but **having goals is really important**. If you don't know what you want, how will you take steps to get it?!

Goals also get us **EXCITED!!!** Goals get us **working!** Goals are what Collingwood players kick when they win the Grand Final. Goals are **AWESOME!!!**

You can have small goals, or you can have **HUGE** goals! Whatever they are, they're **your** goals, and you need to know what they are.

Right now, you have **Five** minutes to write down as many goals as you can think of. **BIG**, small, **CRAZY**, whatever, just write them down. Don't write what you think you *should* write, write whatever pops into your head. This is for *you*. Go crazy. **HAVE FUN!**

(NOTE: If you need more writing room, or if you'd rather **draW** than write, the next page is blank just for you! Also, if you're really into it, go for longer.)

(Example: I want to learn three pieces on the piano this year)



WOOOOOOO HOOOOOO!!!

YOU DID IT!!!

YOU ROCK!

Now **CELEBRATE** what you just did, because it wasn't an easy thing to do.

SERIOUSLY! Only around 3% of people actually set and write down goals

But those 3%? They can be more successful than the other 97% combined!

So high five someone, high five yourself, do a fist pump, do whatever it is you do to

celebrate!



IMPORTANT NOTE!

Not all goals are **good**. If getting to your goal will hurt other people, or make them feel embarrassed or sad, that's **not** a good goal.

Take, for example, I don't know, ummm, oh, okay, **ZOMBIES!**

They have a goal, which is **good**, but that goal is to chew on people's brains, which is **bad**.

They're trying to improve, which is **good**, but they do it by slobbering on us and biting us with their gross brown rotting teeth, which is **bad**.

They have lots of friends all working towards the same goal, which is **good**, but all those friends are also trying to bite off our faces, which is **bad**.

Nothing they do will help other people, it only kills or makes everyone else gross ... which is **BAD!**

Basically, they set a really bad example, **so that we can do the opposite.**

Aren't they the **best?** Okay. Work time!

Choose ONE of the goals from your list. Any one, it doesn't matter. Now write down, or draw down, how reaching that goal will help other people. Will it raise money for them? Will it make them laugh? Will it mean they have less work to do? Whatever it is, write down how your goal can help. You have TWO minutes! GO!

(NOTE: If two minutes isn't enough, write more now or come back later!)

(Example: Cleaning my room more means Mum will have more time to relax)

So now we know that sometimes we **won't** do what zombies do. We **won't** punch our own zombie brother in the face so that we can eat that sweet, sweet brain. We **won't** scratch his eyes out and crawl over him. We **won't** be mean to other people or cut other people down to reach our goal. We **won't** have a goal that only makes **us** feel better, but makes other people feel **worse**.

Zombies do that.

Some humans do it too, but you're better than that.

Yeah you are.

You're **AWESOME!**

Okay. Last thing for this first session. Choose **TWO** of the **AWESOME** things you wrote down. One will be **SHORT TERM**, something you want to do soon, like in a month or this year, and one that is **LONG TERM**, something that may take longer, like, you know, five or ten years. Again, don't think about it. Just circle the **TWO** goals that stand out to you. Why? Well, you'll find out later.

See? This isn't so hard after all!

Do you know why? Because you **ROCK!**

You **ROCK** like a **LEGEND!**

NOTE: If the goal you wrote down and circled was **EAT BRAINS**, then yes, you are a zombie, which is **bad**. On the other hand, good for you for being a zombie who's actually able to write. That's impressive!

