

Guide to Using 5 Bold Steps: A person centered planning approach

Youth Development and
Leadership

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Steps to complete Five Bold Steps

- Identify sub-goals and vision elements
- Clarify one major aspiration
- Identify supports
- Discuss challenges
- Determine values
- Five Bold Steps

Getting started

- Invite youth to think about using chart to organize plan for the future
- Set up convenient time and location to discuss planning
- Be prepared to meet more than one time to complete plan

Step 1: Identify sub- goals or vision elements

- Take some time to brainstorm ideas about a variety of goals/ dreams
- Goals do not necessarily need to be directly related to major goal/aspiration
- Record ideas on circles or vision elements

Step 2: Major goal/ aspiration

- Use sunburst to identify major aspiration or goal
- Ask participants to think big about their aspirations- don't let challenges stand in the way of dreams
- Major goal can be a career goal but not necessarily

Step 3: Identify supports

- Youth should take some time to take stock of resources- family, school,community- that could support goals and sub-goals
- Consider resources youth might need to research

Step 4: Discuss challenges

- Consider challenges that may make pursuing challenges difficult
- Use this time to brainstorm solutions to overcome challenges
- Remind participant that challenges should not be considered barriers to goals

Step 5: Underlying Values

- Youth should take time to consider personal values that are meaningful and important to individual as goals are pursued.
- Examples of values that might be identified include: risk-taking, leadership, honesty, independence, respect, trust.

Step 6: Five Bold Steps

- Ask youth to identify 5 (bold) steps that can be taken by youth to reach your goal
- Decide in what order steps should be taken
- Examples might include researching driver education programs, learning more about a career, identifying a mentor, visiting colleges, preparing to lead IEP meeting.