

Bumping for Goals

Helpful Materials

One paper plate for each participant, markers, pens.

Number of Participants

6-50 people (This activity has been done with community health workers, elders, youth, and people of a variety of ages.)

Amount of Time

20 – 30 minutes

“Having people ask me questions about my goal really helped me to make a plan-I can do it.”

This activity supports people to identify a personal health or wellness goal and create a plan to help make it happen.



Each person is given a paper plate and a pen/marker. In the middle of their plate, participants write one goal they want to accomplish within the next year to support their wellness journey.

The facilitator demonstrates developing an action plan using the SMART goal questions. First, the facilitator chooses a goal. The facilitator asks the group to ask questions about their goal.

For example, the goal I wrote in the middle of my paper plate was ‘Run a Marathon’. Participants ask questions to help me to achieve my goal. *Participants do not give advice or share their stories; their only job is to ask me questions to help me to create my personal plan to achieve my goal of running a marathon.* For example, a participant might ask “When do you want to run this marathon?” I will write on my plate the date of when I plan to run the marathon. I would then take my plate and bump into a new person who could ask me another question of their choice to help me to develop a plan to achieve my goal. For example they might ask, “How will you train?” I write the response to the question on my plate and not the question, “I will run for 30 minutes five times a week.” I then take my plate and bump into another person, who will ask me a new question, “Where will you train?” I write on my plate the answer, “I’ll run outdoors or when the weather is bad I’ll run on a treadmill.”

The facilitator reviews the smart goal questions listed in this activity.

Each person writes their personal health goal in the middle of their paper plate.

All participants stand up with their plate and a pen or marker. The game, ‘bumping for a goal’ begins. Participants bump into a person and read their goal. The other person can ask them one question about their goal. The person writes their own answer to the question on their plate which is helping them to develop an action plan to meet their goal. Before moving to another person, each person states their goal and asks one question. Both players thank each other for the goal bump and helpful question. Each person then finds a new person to share their goal with and to ask one question about the other person’s goal. The game continues for about 10-15 minutes to give participants enough time to bump into at least 5 people to think about how they will achieve their goal.

At the end of the game, participants are invited to look at the SMART goal sheet and add any missing details to their plan to help them to achieve their goal.

As a group, participants are invited to comment about what they learned from this activity, what surprised them about this activity, and how they might use this activity in the future.

SMART Goals



1. Specific.

*Who: Who is involved?

*What: What do I want to accomplish?

*Where: Identify a location.

*When: Establish a time frame.

*Why: Specific reasons, purpose or benefits of accomplishing the goal.

2. Measurable.

To determine if your goal is measurable, ask questions such as.....

How much? How many?

How will I know when it is accomplished?

3. Attainable.

When you identify a goal that is important to you, you begin to figure out ways you can make your goal come true. You develop the attitude, ability, and skills to help reach your goal. You begin seeing new ways to achieve your goal.

4. Reward.

Think about the 'why' behind your goal. What is the passion that drives your goal? Why or how is this goal important to you and your life journey? Write down why this goal supports your dreams.

5. Timely.

A goal has a specific time frame.

