



Steppingstone #77

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Your Personal Manifesto: Part A

Candidate Name:

Oliver

My DREAM Goal:

I want to run a 10K in 50 minutes

Deadline: May 2025

My DREAM Goal is Realistic, Engaging and Meaningful because ...

I used to be able to run this distance 10 years ago, and many very good 10K runners are older than me.

It is engaging because to do it, I will need to pay attention to lots of aspects of my diet and lifestyle, which I will enjoy. It's affective and meaningful because I will look and feel better, and I will be able to run around with the kids in the park without getting out of breath.

I want and need to achieve my DREAM Goal because ...

I want to achieve this because I think it would be cool to be able to run at that speed – about 7½ miles an hour.

And I need this to boost my self-esteem: I am tired of not liking what I see in the mirror, and of feeling tired whenever I come home from work.



Steppingstone #77

Your Personal Manifesto: Part B

Candidate Name:

Oliver

My Intended Journey: Milestones

Milestone #1

Reduce my weight to 190 lb

Date range:

Mar/Apr 2024

Milestone #2

Run Battersea 10K in 56 mins

Date range:

July 2024

Milestone #3

Reduce my weight to 180 lb

Date range:

Sept/Oct 2024

Milestone #4

Reduce my weight to 168 lb

Date range:

Jan/Feb 2025

Milestone #5

Run London 10K in 51 minutes

Date range:

March 2025

My DREAM Goal



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Your Personal Manifesto: Part C

Candidate Name:

Oliver

Claim

I am more self-aware

My diet has improved

I'm getting faster

I am managing my environment better

I am managing myself better

Evidence

(incl. Steppingstone numbers where relevant)

My self-control is low (SS#27; SS#54)
I've identified ego-depleting situations (SS#53)

Organic porridge oats for breakfast every day. Chocolates, cake and cookies only on weekends incl Friday

Interval training once a week. PB in the Battersea 10K

I am buying more vegetables in the supermarket – and fewer cakes and cookies!

"If...then..." plans for times when I hit the junk food or don't want to exercise (SS#76)



Steppingstone #78

Candidate Manifesto Assessment: Part A

Assessment Criteria		Score
#1	How well has the candidate explained why their DREAM Goal is Realistic, Engaging, Affective and Meaningful?	8 / 10
#2	How persuasive are the candidate's arguments for why they want to achieve, and why they need to achieve it?	13 / 20
#3	How achievable do the candidate's Milestones appear to be, including the dates identified for hitting them?	20 / 30
#4	How high is the quality of the evidence provided in PART B of the candidate's manifesto?	34 / 40
Assessor Signature: <i>Sam x</i>		MARK
Date: <i>12/9/23</i>		75

Marking Scheme

The chances of the candidate achieving their DREAM Goal:

- 90-100: Outstanding
- 80-89: Excellent
- 70-79: Very good
- 60-69: Good
- 50-59: Reasonable
- 40-49: Slim
- ≤39: CANDIDATE SHOULD RECONSIDER THEIR AMBITIONS

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Candidate Manifesto Assessment: Part B

Assessor Feedback (continued)

You've provided good evidence for why you can run at that kind of speed again. Also, I have seen how engaged in the process you are – although you did this before, when Charlie was born, and you didn't stick at it, so you could do better to convince me that you're serious this time. I understand that you want it, and you certainly need it, but I think you could have been more persuasive.

That said, the evidence you have put together did help to remind me that you have actually made some substantial changes to your diet and exercise over the past few weeks – so the manual has clearly been pretty useful!



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Candidate Manifesto Assessment: Part B

Assessor Feedback (continued)

Having looked at the Steppingstones you completed in the manual, I think you could have said something about social support – i.e., me! I’ve been encouraging you to take your training kit to work, so that you go to the gym on your way home, and I’ve been checking what you’re buying in the supermarket, so that there’s not too much sugary stuff in there.

I love you and I know you can do this, which is why I gave you a ‘Very Good’ score. :)

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Steppingstone #79

Candidate Reflection

Thanks for the feedback, Sam, this is useful – especially the part about me trying this before; it instantly got me thinking about different “what...if” scenarios. In fact, I’ve come up with another one: “If it is a day on which I have planned to go to the gym, but it’s cold and wet outside, I’ve stayed late at the office, I’m feeling tired, and just want to crash in front of the TV when I get in, I will promise myself to do literally 15 minutes of exercise in the gym, barely breaking sweat, before coming home from the gym, because I know that I will feel better for doing it. I think this could be game-changing for my motivation, and I feel more confident than ever that I’m going to do this.

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