

Setting goals

Aim: to identify and set a goal for myself

1. Think about what you would like to be doing in 5 years
2. Identify methods to reach this goal
3. Research information that will help you achieve this

What is my goal?

When do I want to achieve this by?

What do I need to do to achieve this?

Who or what can help me?

What are the small steps I want to take to achieve my goal?

How will I know if I have achieved it?

How can I look after myself?



