



## LET'S START GOAL SETTING...

Goals are not just the huge life-changing targets that you aim for way off into the future.

They may in fact be simple intentions that you make in your everyday life. Your goal could be to finish all of your assignments so that you are free to attend that music festival next month. You might be saving for those gorgeous shoes to wear to the formal. You are probably setting goals for yourself already without realising it.

So hey, let's make a start and learn how to plan. Think about a realistic goal and let's start goal setting!

LET'S START BY SETTING YOUR FIRST GOAL	COMMENTS AND PROGRESS
What is a good goal for you?	Do you still think this is a good goal?  Date:
Why is this a good goal?	Have your reasons changed?  Date:
When will you start working towards this goal and why?	Did you start it on time?  Date:
When would you like to achieve it?	How are you progressing?  Date:
What steps will you take to reach your goal?	Do you need to change or modify the steps?  Date:
Who will help you?	Did you find the right resources or people to help with this goal?  Date:
Where will you start?	Are you on track?  Date: