

Goals

Overall goal – what are you trying to achieve?

Goal information – what details are important for this goal?

Goal steps – what will help you reach this goal?

Goal challenges – are there any obstacles in the way of reaching your goal?

What position are you currently in compared to where you want to be?

What skills will help you reach your goals?

What will happen once you reach your goal?

How will you feel once you achieve your goal?

Ways to help you reach your goals:

- Write down your goals
- Create a vision board
- SMART goals – are they specific, measureable, achievable, realistic, time-limited
- Break the goal down into smaller steps
- Reflect on your goal and progress i.e. habit tracking or journaling
- Digital goal setting apps – 'Way of life – Habit Tracker'