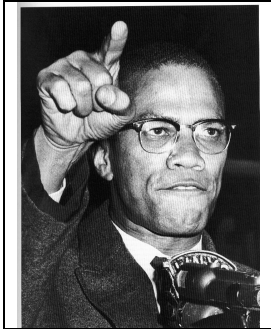


## Successful Goal Setting



**“The future belongs to those who prepare for it today”**

Getting to a new place does not happen overnight. It needs decision and determination and planning. That’s where goal-setting comes in. Look through the sections below and fill them in as best as you can.

My goal is:

When I achieve this goal it will be a good thing because:

The differences it will make for me *personally* are:

My life will be better as a result in the following ways:

The sorts of things I would see myself doing or feeling when I achieve this goal (and which I'm not doing or feeling now are) are:

I am planning to spend .....weeks/months/years trying to achieve this goal

I may have to spend double that time on it in reality. If that is the case it will mean spending.....weeks/months/years

The other important things I have to attend to in my life whilst pursuing this goal are:

My ideas about how to ensure they do not stop me pursuing my goal are:

The people or things that stand in the way of me reaching my goal are:

My ideas about how to ensure they do not stop me reaching my goal are:

Other people who could give me moral or practical support in reaching my goal are:

I will contact them.....times a week/month to check out how things are going

I must not forget that reaching this goal is a good thing from my point of view because: