



**My Goal is** .....

Which I will achieve by.....

Photograph or Drawing

**Description:**

.....  
.....  
.....

Write down three benefits that you will experience when you reach your goal.

Benefit 1.....

Benefit 2.....

Benefit 3.....

Date.....

Signed.....



## Steps to achieve your goal

*Write out smaller actions that you will have to take, to achieve your goal. To keep it as simple as possible, limit it to a maximum of five steps.*

**My first step** to achieve my goal is.....  
The action required by me, to achieve this is.....  
.....  
The date I will achieve this by is.....  
When I achieve this stage, I will reward myself with.....

**My second step** to achieve my goal is.....  
The action required by me, to achieve this is.....  
.....  
The date I will achieve this by is.....  
When I achieve this stage, I will reward myself with.....

**My third step** to achieve my goal is.....  
The action required by me, to achieve this is.....  
.....  
The date I will achieve this by is.....  
When I achieve this stage, I will reward myself with.....

**My fourth step** to achieve my goal is.....  
The action required by me, to achieve this is.....  
.....  
The date I will achieve this by is.....  
When I achieve this stage, I will reward myself with.....

**My fifth step** to achieve my goal is.....  
The action required by me, to achieve this is.....  
.....  
The date I will achieve this by is.....  
When I achieve this stage, I will reward myself with.....



## Overcoming Obstacles

It is also easy to think of problems that will stop you from being successful.

The interesting thing is that being aware of problems, can actually be used to help you get the thing that you want. So be optimistic about your overall goal, but also realistic about the obstacles that you may encounter on the way.

It is quite common for people to give up when things may go wrong, instead of accepting that these things do happen.

If you have already accepted some areas that may cause a problem and started to look for solutions, it is then something that you are prepared for.

Change your thinking so that you look at a problem as a challenge to be overcome, instead of as a defeat stopping you pursuing your dream.

### Potential Benefit

In **one** word write down an important way in which your life will be improved

.....

Now expand on all the benefits you will have from achieving this.....

.....

.....

.....

### Potential Setback

Write down one word that represent a challenge, or barrier to you achieving your aim.....

Now expand on how it would cause a problem for you achieving your goal and the options that you have to get around it.....

.....

.....

.....

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