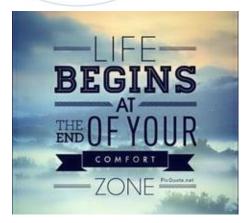# GOAL SETTING

What is a goal?
Something what is out of your comfort zone that you would like to achieve or work towards

Why do we set goals?
They get us moving and motivated
They keep us in the right directions and remind us of what we want to achieve
They help us to build mastery and acquire skills step by step
Achieving goals make us feel great and confident
The journey towards our goal brings lots of unexpected learnings and experience

Why it's useful to be SMART when setting goals

1.   My goal is ……………………………………………………………………………

2.   I want to achieve this because ………………..………………………………………..
        ……………………………………………………………………………………………

3.   What are the 3 things which will be better / possible once I achieve my goal?
        ……………………………………………………………………………………………
        ………
        ………

4.   Where am I on the way towards my goal?

        Just got the idea   Goal achieved

            1   2   3   4   5   6   7   8   9   10

5.   What are the next 2 steps I'm going to take?
        ………
        ………

6.   What are the 2 things or people who can help me to achieve this goal?
        ………
        ………

7.   What might get in the way of me achieving the goal?
        ……………………………………………………………………………………………………

8.   I want to conquer this goal
        by…………………………………………………………………………………………….(date)