

# Goal Setting Exercise

Think about the period as a whole (ie. 3 months or a month) what do you want to achieve in this period?

Do you have one or two specific goals?

How will you achieve this? Can you break the goal down into what you could achieve per month or week?

Now think about the smaller steps required to reach the goal, what are the small habits you can do every day?

How can you plan for and be organised for this, could you make a list in order of the steps? Can you create a schedule and stick to it?

What could get in the way of achieving this goal? Can you think ahead of time and then plan what you could do if you get off track in advance?

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