

Using these notes, think of the three goals that are most important to you. Can you think of a reason why the goal stands out?

**Goal A:**

**Why it's important to me:**

**Goal B:**

**Why it's important to me:**

**Goal C:**

**Why it's important to me:**

**Now see if you can think of one practical step you could take towards achieving each goal.** (e.g. Goal A: I want to get good results in my exams. Practical step: Sign up for revision sessions at school)

**A practical step towards goal A:**

**I will do this by**

**A practical step towards goal B:**

**I will do this by**

**A practical step towards goal C:**

**I will do this by**