

How do you set a good goal that makes sense? Use the STAR Method. STAR stands for Specific, Time-bound, Attainable and Relevant. Try it out for one of your goals below:

Goal – (e.g. 'I want to get good results in my exams');

Relevant – what is the point of your goal? (e.g. 'I need a Grade 6 to study English Literature at college');

Why it's important to me

Specific – make it simple and focused

(e.g. instead of 'I want to get good results in my exams', say 'I want to get a 6 in GCSE English');

Using the STAR method helps you to work out what you really want, how you could achieve it and how it fits into your journey. Have a go at using the method again for another goal below.

Time-bound – when will you do it by? (e.g. 'by Summer 2022');

Attainable – is it realistic? (e.g. 'I have been getting Grade 5s in my mocks, I know I can reach my goal if I fit a bit more revision in');

**Well done on completing your first section!
We'll build on these activities later in the book.**