



## Possible Goals

Learn to: Swim, skate, speak French  
Become a better parent  
Get fit; lose weight  
Get help to overcome a phobia  
Learn to love yourself  
Develop the courage to follow your instincts  
Gain a qualification: Btech; AQA; degree; diploma; driving licence or anything else

## How will I know when I have reached my goal?

Sometimes this is easy – If your goal is get a driving licence, then when you have your driving licence you will have reached your goal.

If your goal is to love yourself then you may need to think a bit more deeply about how you will know when you have reached it.

## Define your Goal

### Driving licence

I have my driving licence

### Steps towards my goal:

Get photographs  
Apply for a provisional licence  
Save up or find money for lessons  
Get driving lessons  
Study for theory test  
Make the time you need to practice  
Take the test  
If you fail you are one step closer  
Get your driving licence

## Define your goal

### Love yourself

I care for myself emotionally  
I take care of my health  
I am true to myself, my values and principles  
I accept myself  
I feel strong  
I am able to resist manipulation  
I am comfortable in my skin  
I believe in myself  
I withstand criticism  
I do things I enjoy and I let myself enjoy the things I do  
I score myself 4 or more answering the question "How much do you love yourself out of 5?"

### Steps towards my goal:

Be patient with yourself  
Let yourself dream/imagine feeling good about yourself  
Picture yourself in 10 years time  
Make time to do the things you like to do  
Surround yourself with the right people – positive energy  
Avoid the wrong people – negative energy  
Stand up for yourself even if it's scary the first time  
Love yourself