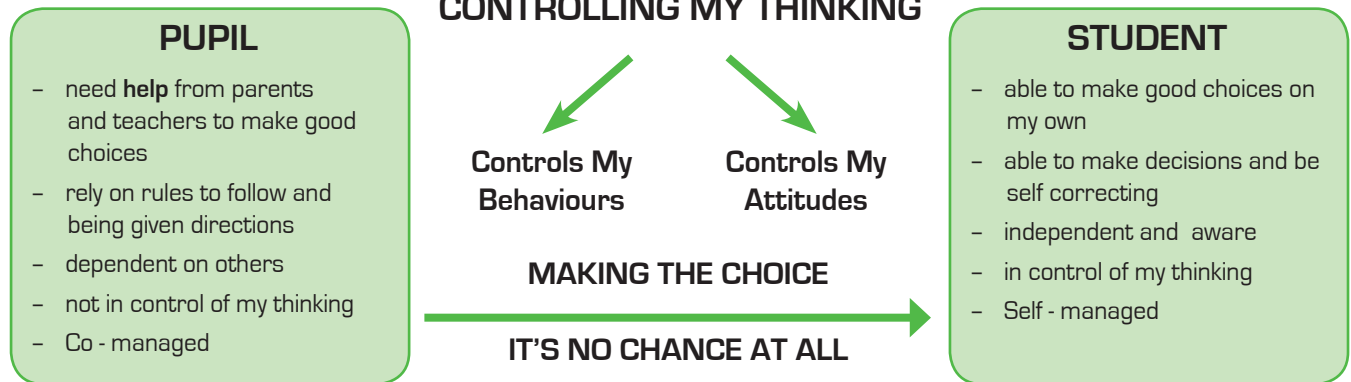


FOR ME: WHAT IT'S ALL ABOUT



A positive exercise is to read about successful people and what they do to get what they want out of life – aim to find out about one person per week.

WHAT ARE MY GOALS ?

BEGINNING OF THE YEAR

- having completed the previous five pages, it's time to set out your goals.
- fill in your short term goals and priorities each day in the space provided.

TYPE \ TERM	PERSONAL	CAREER/ EDUCATION	SPORT/ LEISURE	EXERCISE & HEALTHY EATING
Mid for this Term				
Medium for this Year				
Long for 3 to 5 years				

TERM 1 BREAK

- Have my goals changed during the term? Why?
- Am I focused? Self managed?
- Am I following my guidelines?
- Have I discussed my progress with my Team?
- Now reassess your goals for next term below during the holidays.

TYPE \ TERM	PERSONAL	CAREER/ EDUCATION	SPORT/ LEISURE	EXERCISE & HEALTHY EATING
Mid for this Term				
Medium for this Year				
Long for 3 to 5 years				

"Your choices today determine tomorrow's achievements." Anon.

WHAT ARE MY GOALS ?

TERM 2 BREAK

- Are my efforts building?
- Is my commitment up to speed?
- Reflect on the quality of study in each of my subjects; adequate?
- How can I improve?
- Am I operating as an independent learner? Self managed?
- Now reassess your goals for next term below during the holidays.



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TYPE \ TERM	PERSONAL	CAREER/ EDUCATION	SPORT/ LEISURE	EXERCISE & HEALTHY EATING
Mid for this Term				
Medium for this Year				
Long for 3 to 5 years				

TERM 3 BREAK

- My year is reaching its climax.
- Am I totally focused on the task at hand?
- Is my study timetable working? Self managed?
- How can I improve my progress?
- Now reassess your goals for next term below during the holidays.
- Thoroughly prepare yourself for your exams.

TYPE \ TERM	PERSONAL	CAREER/ EDUCATION	SPORT/ LEISURE	EXERCISE & HEALTHY EATING
Mid for this Term				
Medium for this Year				
Long for 3 to 5 years				

END OF YEAR

- Where do I go from here?
- Am I considering further education? What courses?
- Am I considering employment? In what areas?
- Have I reached my true potential?
- Now is the time to make decisions about my future?
- What are my dreams?
- **Goal Setting** is a skill for life



“People can be divided into three groups: those who make things happen, those who watch things happen, and those who wonder what happened.” John Newbern.