

Goal Setting

Date: _____

Think back to the last 3 to 6 months. Ask yourself, “What have I achieved or done well at? Can I do better in some areas?”

| What I have achieved (or done well) in the last 3 to 6 months | Some areas for improvement |
|---|----------------------------|
| | |



Set some goals for yourself for the next 3 to 6 months. Be specific. What would you like to achieve? What would you like to see happening in your life? How would you like to change? *(Remember to make your goals realistic — that means that they should be achievable within the time frame you have set).*

Goals:
