

Goal Setting

Exercise 1

Create a vision of what you want to **BECOME**

Write a clear description, using all your senses

Develop your 'I will Become' image, give it a name e.g. 'the new me', a role model or whatever.

State it in positive terms:

I am in the process of becoming ('the new me')

I am moving towards being... ('the new me')

I am now ('the new me').

Exercise 2

What is your goal?

Write a definition of your achievable goal.

Discuss in with a partner. They should ask, is it:

- Positively stated (move towards, not away)
- Specific and measurable and achievable
- Small enough to start easily
- Think SMART, (specific, measurable, achievable, realistic, timetable).