

Goal Setting Programme

The goal-setting programme is designed to give you a sense of direction within your personal life. What happens when we don't give ourselves a goal? The repercussions are we end up getting distracted easily and unfortunately our behaviour gets dismantled somewhere through our journey whether short or long term. There are benefits to goal setting like confidence building, rise of self-esteem, creativity and also inspiration. These are challenges that we're not only going to experience from the journey but also the world within ourselves.

Another benefit is also having a very 'clear' purpose as to why you want to achieve these goals. Having your why set in place will give you that needed foundation to build upon because when things get tough and challenging we're more likely to want to give up during those moments. However, having your why in place makes you ask, "why am I doing this?" and so with a reason put in place, that would be a great way to combat the thought of giving up during adversity. (Remember you're not giving up and even if you come up short, then at least all you can see and feel is feedback from the experience and effort.

Directions:

We're going to focus on three goals to start off with. These can either be personal or successful (i.e. GCSE's, become a member of student group, etc.) and when you've wrote those down in the goal box below then we're going to move on to what steps-task need to be taken.

Goals:

(Below: Write down three goals)

1.
2.
3.

Steps:

(In the box below, write down the steps needed to accomplish the goals)

1.
2.
3.

Mindful Speaking

In this section, it's important to write down your why. It's important to dig deep and think of reasons far beyond simple because when you come from you and within your heart, there's greater feeling than having a sense of conviction and a drive that is deeper than beyond meaning. This is your personal story that has to be put in place to trigger this and for it to be used as fuel in order to accomplish what you want not just in the short term but also in the long term. And after you're finished, it's then time to lock in and focus! Let's do this!!

What is your “Why”?

Mindful Speaking