

Setting Up Goals

1. The goals I want to achieve are:

2. The following actions will help me in achieving my goals:

3. Some challenges/Barriers I may encounter include:

Challenges/Barriers:	I can address these challenges/barriers by:
	→
	→
	→
	→

4. The people who can support me in achieve my goals include:

Person:	They can help me specifically by:
	→
	→
	→
	→

5. The reasons why I want to make these changes are: