

_____ 'S GOALS AND VISIONS BOARD

My Goals: What do I want to achieve?	My Actions: How can I break each goal into smaller steps? How will I make progress?			
	Step 1	Step 2	Step 3	Step 4
E.9. I want to be more confident at speaking in front of people.	Practise speaking on my own and to my family.	Try to answer more questions at school.	Volunteer to read aloud.	Join an acting group or debate club.

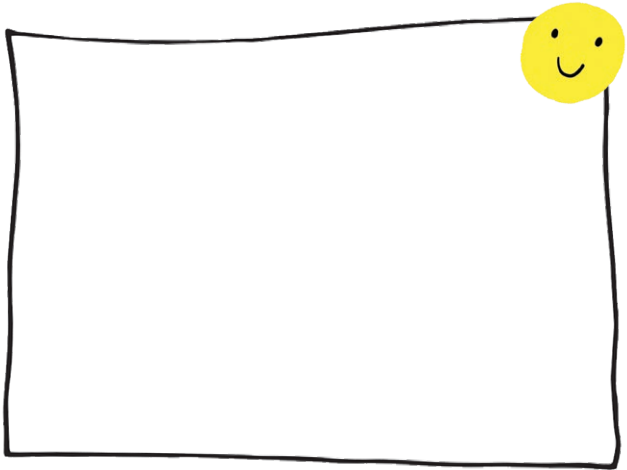
MY AFFIRMATIONS



I am dedicated.
I am...
I am...
I am...

VISUALISATION

Draw a picture of what it will look and feel like when you have achieved your goals.



MY EVERYDAY HEROES



POSITIVE QUOTE

