

# Kind Goal Setting

MY GOAL IS.....

WHAT DO I NEED TO DO FIRST?

WHEN WILL I TRY TO DO THIS BY?

WHO CAN HELP ME?

WHERE CAN I FIND THEM?

WHAT'S STEP 2 TOWARDS THIS GOAL?

WHEN WILL I TRY TO DO THIS BY?

WHO CAN HELP ME?

WHERE CAN I FIND THEM?

WHY DO I NEED/ WANT THIS?

HOW WILL I KNOW WHEN I'VE ACHIEVED IT?

DATE I COMPLETED/ ACHIEVED THIS