

Client name:

Keyworker:

Date: / /

# Setting Goals



Why are goals important?

Setting realistic goals can help you remain focused and can stop you from getting side-tracked. They can help you to improve your confidence and your self-esteem by proving to yourself what you are capable of achieving.

It is very important though that your goals are realistic. If they are impossible, then you are just setting yourself up to fail.

Try and think of three goals, one short-term, one medium-term and one long-term. What will you need to gain or do to achieve each one? What is the first step towards achieving each goal?

**My short-term goal is:**

**To achieve it I need:**

**The first step is to:**

**My medium-term goal is:**

**To achieve it I need:**

**The first step is to:**

**My long-term goal is:**

**To achieve it I need:**

**The first step is to:**

How useful was this map and discussion?

NOT Useful 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 VERY Useful