**My Aim & Target Sheet**

1. Write down the **aim** you want to achieve
2. Think about how you are going to achieve this aim and set targets in the following table.

|  |  |
| --- | --- |
|  | **My Targets** |
| Specific - can you be more exact about what you want to achieve? |  |
| Measurable – how will you know you have achieved it? |  |
| Zone –  Is it in the panic zone? Too Hard  Is it in the comfort zone? Too easy  Is it in the learning zone? Just right |  |
| Zone –  Is it in the panic zone? Too Hard  Is it in the comfort zone? Too easy  Is it in the learning zone? Just right |  |
| Timed – when are you going to achieve this target by? |  |

1. Now, turn you target into a clear sentence: I will\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Refection

Did you think you achieved your goal? Explain why/why not?