

SETTING GOALS

Why is it important to set goals?



What goals have you set and met?

- Think about a recent experience when you set a goal and met it?
- How did you feel?
- Have you ever given up on a challenge and wished that you hadn't?



What goals would you like to set?

- Look at the layout of the mind map below. Use a similar layout to set some goals in your life in school and outside of school.

