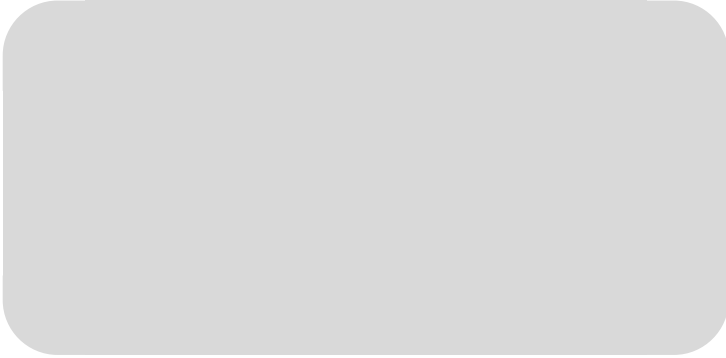


Setting Goals

Meaningful Manageable Measurable

It feels important to me that I focus
as much as I can on:



A goal that will help me with
this is to:



Break down the goal into manageable steps. You don't need to plan every step from the beginning as they may change.

Next step: (tick on ladder when completed)

Plan steps that can be measured.

walk to the end of the road and back ✓

do more walking ✗

