

# Personal Goal Setting

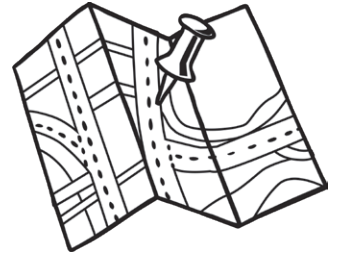
Complete each of the phases below. You cannot move on to the next phase unless you have completed the steps before.

**Phase 1: My Goal** – Identify something that you want to learn or improve on.



<p><b>What do I want to learn?</b></p>	
<p><b>What do I know about it already?</b></p>	

**Phase 2: My Plan** – Identify how you will achieve the goal you set in Phase 1.



<p><b>What can I do to achieve my goal?</b></p>	
<p><b>What could stop me from achieving my goal?</b></p>	
<p><b>What can I do to overcome this?</b></p>	
<p><b>When will I do this?</b></p>	

**Phase 3: Evaluation** – Reflect on your progress against the goal.



<p><b>What actions have I taken?</b></p>	
<p><b>Have I achieved my goal?</b></p>	
<p><b>What could I do differently next time?</b></p>	