

C:\Program Files (x86)\Microsoft Office\MEDIA\CAGCAT10\j0300840.wmf

**My Goal:**

How can I make it fun?

Motivation

How can I be more confident?

Confidence

How can I make it easier?

Achievable

Control

How can I choose how to make this happen?

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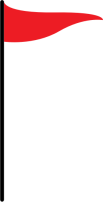


**My Goal:**

|  |  |  |
| --- | --- | --- |
| **Week** | **Practised** | **Notes** |
| Week 1 |  |  |
| Week 2 |  |  |
| Week 3 |  |  |
| Week 4 |  |  |
| Week 5 |  |  |
| Week 6 |  |  |
| Weeks 7 - 12 |  |  |
| How is it going? |  | |
| Any changes I want to make? |  | |
| Date of Achievement: | C:\Users\sbaker22\Local Settings\Temporary Internet Files\IE\Y9AA93AO\10001362-smiling-star-showing-thumbs-up[1].jpg | |

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**My goal in 5 small steps**

Goal:

5.

1.

2.

3.

4.

Goal

5

4

3

2

1





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**How did I do?**

**What do I want help with now?**

**What was difficult?**

**What went well?**