



Goal setting and Barriers activity



Example

My goal is to continue and complete my education and training programme. **I wish to achieve this** each week I will attend my course and dedicate one evening a week at home to my studies. **This goal will help me in the pursuit of my value** to educate myself and work hard towards bettering my career **Which is important and meaningful to me (because)** I want continue to provide for and to support my family so they too can grow

My goal is to _____

I wish to achieve this _____ often or when _____

This goal will help me in the pursuit of my value

Which is important and meaningful to me (because)



Internal barriers which I might experience

1. _____

2. _____

3. _____



External barriers I might experience are

1. _____

2. _____

3. _____



Ways to overcome these are

1. _____ 2. _____ 3. _____
