



# Goal setting

## Goal setting sheet



Life tries to convince you that every thing is both important and urgent.

To keep your focus on the important things in life you need to have plans and goals and then you need to put them into action.

Every one has several key roles. Write down five key roles you have and one thing you will do that will have a positive impact on each role this week.

Five key roles I have	Something I will do to have a positive impact on this role this week

**Picture a fantastic life for yourself five years after leaving school.**

Who will you be? Where will you be living? What will be your circumstances?

Write a brief description of the life you'd love to lead five years after school.

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Describe where you are now.

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For each of the following years list a goal towards your long-term goal for five years after you leave school.

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