



Learning new things and improving on the things we are already good at are great ways of helping us to:

develop new interests feel confident and happy gain skills that will help us in the future
meet new people adapt to new situations have a positive view of the world

Having the idea to do something new or improve on something we're good at, and actually getting around to doing it, can be two very different things. Having a plan can really make a difference. This exercise aims to provide you with a tool that can help you to achieve your goals.

Using the guide below, work through the action plan on the next page, completing each section in your own time.

STAGE 1

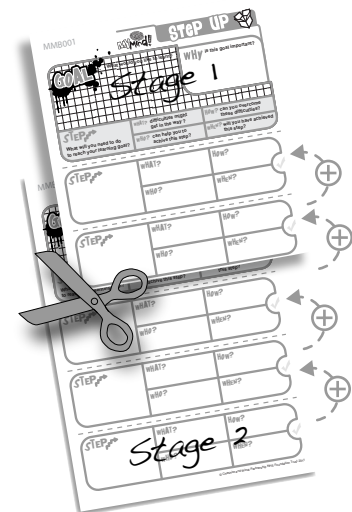
Goal: The first step is to decide on your goal. This should be a personal goal, something that you have decided for yourself you would like to learn or develop. It's also important that you think of a goal that's realistic, something you think you could achieve if you work at it without putting yourself under too much pressure.

Why: Consider why this goal is important to you. Understanding your motivation for wanting something can really help you to achieve it.

STAGE 2

When you've decided what you want to achieve, the next stage is to plan how you are going to get there. When we set a goal, it can feel like a long way off, like our efforts don't seem to be getting us anywhere fast. Breaking down our journey into steps, can help us to feel that we're making progress.

Now, work from the bottom and complete each step towards your goal. You can print more sheets so that you can cut out extra steps to add to your plan.



STEP What step do you need to take to move you closer to your goal?

WHAT What obstacles might get in the way of you achieving your goals? Is there anything worrying you, holding you back, or getting in your way?

How How will you overcome these obstacles?

who We all need support at times, big or small. This might be from friends, family, teachers or support workers, basically anyone that can provide you with the help you need.

WHEN To stay focused, decide when you want to have completed this step by.

STAGE 3

If at any time you come across a problem with your plan, make changes to it; remember it's not about trying to be perfect, it's about working with what you have to find a way forward. When you're getting close to achieving your plan, start to think about your next goal. When you reach your goal, notice your achievement, be proud of yourself; and choose to set yourself another target.



STEP UP



GOAL

What would you like to learn?

WHY is this goal important?

STEP What step do you need to take?	WHAT difficulties might get in the way?	HOW can you overcome these difficulties?
	WHO can help you to achieve this step?	WHEN will you have achieved this step?

STEP	WHAT?	HOW?
	WHO?	WHEN?

STEP	WHAT?	HOW?
	WHO?	WHEN?

STEP	WHAT?	HOW?
	WHO?	WHEN?