

Goals: CREATE your outcome

Possible goals (Dream list):

Concise and clear

Realistic (scale up goals or smaller steps)

Ecological (safe to you, safe to others, safe to the planet)

As now (present tense)

Timed, Toward positive

End step/ evidence procedure

Goals to insert into my future

it is now _____ (future date)

I am / I have _____

_____ (end step)

Goal description: (what do I want/ when do I want it by)	Comments/ Reward	Tick when completed:
A) To be completed by _____		
B) To be completed by _____		
C) To be completed by _____		
End of term goal(s)		
Long term goal(s)		