

GOAL LADDER

dream

write your dream here - what do you want? Where do you want to be? What do you want to achieve?

goal 3

Write down your 3rd goal and your 1st action towards it

goal 2

Write down your 2nd goal and your 1st action towards it

goal 1

write down your 1st goal and the 1st action towards it.

Using this ladder idea, break down your goals into achievable, manageable steps - sometimes your overall goal can be daunting but by making it bite-size, it can appear within your grasp, plus there is the added advantage of the feel good factor of making achievements!

