# Goals and Aspirations

**Why is goal setting important?**

Not only is goal setting a good skill to have in future endeavours, but it also can have a positive effect on children’s self-confidence and self-belief. It can also help children feel more hopeful that the challenges they are facing will ease soon. It can also show children what they are already good at.

In order for goal setting to be beneficial there needs to be wriggle room for changes if the child doesn’t reach the goal, and the goals must be realistic. Starting small is a good idea!

**The next page is a worksheet to help with goal setting.**

**Goal Setting Worksheet**

**Things I am good at are.......**

**I think I’m good at these things because.......**

**Things I would like to improve are.......**

**Some reasons why I may not already good at this may be.......**

**Who can I ask for help with this?**

**Will I need any extra materials to help with this?**

**How motivated am I? (highlight one)**

**Very A little bit Not at all**

**Is this goal going to be hard to reach?**

**Yes Maybe No**

**Can I do it?**

**Yes Maybe No**

**How will I know I have reached my goal?**

**If I don’t reach my goal instead I can......**

**What steps do I need to take to reach my goal?**

|  |  |
| --- | --- |
| **Steps** | **When will I do this by?** |
| Firstly I will, |  |
| Secondly, |  |
| Next, |  |
| After that, |  |
| Finally, I will reach my goal of……… |  |