



# Goal Setting

With a new ..... approaching, it's time to think about what you want to achieve for yourself and how you will get there.

Maybe you want to build confidence ready to start new college? Maybe you want to work on your anxiety in new situations? Maybe you have a personal project you'd like to complete.

Set some goals and write them below , choose 3-5. Make them achievable and within the time frame that you have.

## **My Goals:**