



## GOAL SETTING

Spend some time thinking about something you would like to achieve in the short term (within the next three months), medium term (within the next twelve months), and the longer term (within the next two years).

### **Short Term**

Something I would like to achieve within the next three months is:

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What steps do I need to take to achieve this?

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### **Medium Term**

Something I would like to achieve within the next twelve months is:

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What steps do I need to take to achieve this?

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### **Long Term**

Something I would like to achieve within the next two years is:

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What steps do I need to take to achieve this?

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