



My Goal Map

Make your own Goal Map that shows how you previously set about achieving something you wanted.

Your choice of goal can be large or small, but try to pick one that shows how others helped you along the way. To help you get started try completing one of the sentences below:

Something...

...I have learnt...

...I made...

...I was part of...

...I did well...

...I achieved...

...I changed...

While completing your
Goal Map think about:

**How did you train and prepare
to achieve your chosen goal?**

**Who helped and advised you on
how to go about it?**