**My Goal:**

To make me want to do the activity more I will:

Motivation

To increase my confidence in doing this activity I will:

Confidence

To make sure this activity will be achievable I will:

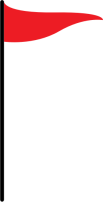
Achievable

Control

To make sure I am able to make choices in and about the activity I will:

**My Goal:**

|  |  |  |
| --- | --- | --- |
| **Week** | **Practised** | **Notes** |
| Week 1 |  |  |
| Week 2 |  |  |
| Week 3 |  |  |
| Week 4 |  |  |
| Week 5 |  |  |
| Week 6 |  |  |
| Week 7 |  |  |
| How is it working? |  | |
| Any changes I want to make: |  | |
| Date of achievement: |  | |

**Break down your goal**

**Into smaller steps**

Goal:

5.

1.

2.

3.

4.

Goal

5

4

3

2

1

**How did I get on?**

**What do I want help with now?**

**What was difficult?**

**What went well?**