Unit 13: Choosing appropriate life goals and choosing activities important to me[[1]](#footnote-2)

Exercise 4: My life goal worksheet

# Activity 1: My life goal worksheet

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  | | --- | | **My reality**  What am I good at? How do I know it?  What I still need to improve or I would like to?  What stops me to become better in this? |   **Name:**  **Date:**   |  | | --- | | **My support network:**  Who could help me?  What type of support I can ask for? |  |  |  | | --- | --- | | The three most important steps I need to take to achieve my goal are: | | | First I will | **Before** (put a deadline) | | Second, I will | **Before** (put a deadline) | | In the end, I will | **Before** (put a deadline) |  |  | | --- | | **How would I know that I’ve achieved my new life goal?**  **Until when I should do it?** | |

By this exercise the educator encourages AAWID to apply everything he has learned so far on the topic “life goal” and to demonstrate it by accomplishing his/her own life goal worksheet.

**Note**: It is not an easy task, so the educator should support him/her in every step. If necessary, this Activity could be accomplished in more than one sessions.

1. Some of the exercises suggested here have been inspired by materials, published onto https://positivepsychology.com [↑](#footnote-ref-2)