By setting yourself goals, you are giving direction to the change you want to achieve

Without setting goals, it is hard to know if you are on the right track and if you have got where you wanted to go – or not. Having clear goals helps your brain to focus on what you want to achieve!

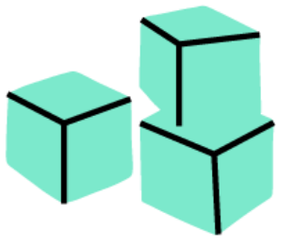
If you *wish* and/or *must* make a change in your life, it can be a good idea to think through what is required to achieve that change.

Once you have considered this carefully, you should set specific goals! If you set a big, ambitious goal, it is often a good idea to divide it up into smaller sub-goals.

Goals are often the same as making a choice or changing an old habit. Achieving them can be difficult!

There will always be advantages and disadvantages to making a choice or setting a goal. You may feel that you are losing something or being forced to make a sacrifice. The perfect choice may not even exist. All opportunities can come with disadvantages attached.

Have you ever felt that:



- You have too many choices?
- None of them are good?
- You cannot manage to make the right choice?
- You would rather not have to choose at all?

Many people find making choices difficult. Choices create change. Choices affect your life.

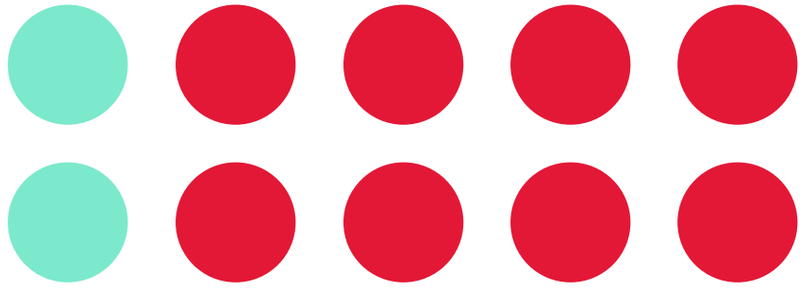
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For the participant – introduction to working with goals

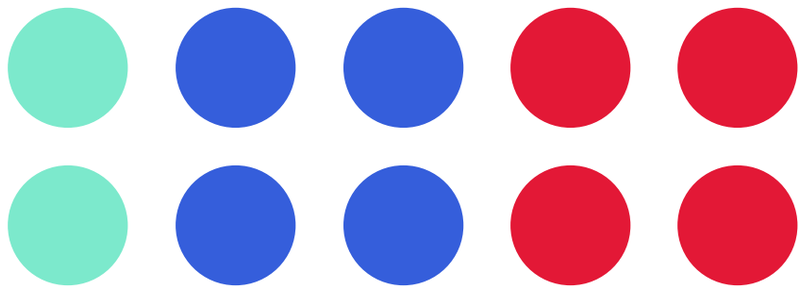
Have you ever made a New Year’s resolution?
If so, what was it?

What happened a few weeks or months into the new year?

Many of us make New Year’s resolutions. But research shows that only 2 out of 10 people keep them.



4 out of 10 people break their New Year’s resolutions before January has come to an end.



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Try this and see for yourself

You have the opportunity to choose!

1. Think about a change or choice you want to make and write it down here:

If I ...

2. If you make this change, what would your life be like? Write your answer here:

It would ...

It would ...



It would ...

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