

When we want to achieve a goal, it helps if we break it down into smaller steps. Our journey to achieving our dreams can be a bit bumpy, and sometimes it can take longer than we think. Even when things get hard, the most important thing is that we keep moving towards our dreams, even if it means taking a different path.

What are some of your goals? They could be big or small! Maybe you want to learn something new? Or perhaps it's about changing something in your lifestyle?

- On the map over the page, write down one of your dreams. There are spaces to break it down into smaller goals too.
- Can you think of any obstacles that might get in the way? In life we go through times of “wild weather”; we have road blocks in our path or sometimes we lose hope. It's important to think about obstacles now so we can plan ahead and pack all the tools we need! (Don't forget, there are many paths to achieving our goals – sometimes we need a Plan B).
- Who might be your coach – someone you can go to for support and guidance? There might even be some organisations that you can contact to get help.
- We all need some words of encouragement when we are taking on a challenging journey. What are some “notes to self” that you may need to remember? You can do this!



Gracie's Yarn

Mapping my goals

NOTES TO SELF

- 1.
- 2.
- 3.
- 4.
- 5.

2.

4.

3.

2.

1.

MY DREAM...



YOU CAN DO IT!

KEEP GOING

PLAN B
BACK ON TRACK

PLAN B
SLIGHT DETOUR

FLAP YOUR
MINDS