

What next, and how will I know?

Name _____

- 1 **YOUR ANSWER:** Write one target for next year and, beside it, how you would know you had reached it. A target of "I will be better" does not count.

- 2 **WHAT DO YOU THINK?:** What is the check that proves you reached it?

- 3 **WHAT YOU CAN DO NOW:** Tick the ones that feel true. Write one more of your own on the last line.

- ☐ A target you can check is a target you can reach.
- ☐ At home this week: read your target once and tell someone at home how you will know you got there.
- ☐ _____