



Understand how your strengths can support you to achieve your goals and how to overcome any challenges

 **Name:** _____

Goal: _____

Strengthening your goal

Which realised and unrealised strengths would support your goal?	How?	What actions will move you towards your goal?	What's the next step?

Challenges to your goal

Which learned behaviours or weaknesses could impact your goal?	How?	Who can help and what strengths will support you?	What action will you take?