

Name.....

Nothing's Gonna Keep Me Down - Session 1 Dreams And Aspirations

To achieve our dream/aspiration we need to set ourself some goals to help us. Think about your dream/aspiration and fill in the boxes below.

My dream/aspiration is

The first thing I will do is

YOUR FIRST STEP!

I will know I have achieved my dream/aspiration when

WHAT'S THE END GOAL?

MY DREAM / ASPIRATION

I know this is achievable because

WHY DO YOU BELIEVE YOU CAN DO IT?

This dream/aspiration is very important to me because

WHY DO YOU WANT TO DO IT?

Some obstacles I might face are

DESCRIBE THE DIFFICULTIES