

MY GOAL IS...



Sometimes what we are working towards can seem overwhelming. Breaking things down into manageable steps helps us reach our main goal over time.

Jumping from the bottom to the top is scary.

Taking one step at a time is not as scary.

Try and enjoy the journey otherwise when you get to the top and you've achieved your goal , you may feel low in mood as you contemplate...what now?

Write down a goal you have and break it down into manageable steps below.

