



NAME..... DATE..... RATING OUT OF 10.....

TITLE: A BIG IDEA HELPS YOU WORK< REST AND PLAY

QUOTE: *“Success is getting what you want; happiness is wanting what you get” Dale Carnegie*

## OBJECTIVES FOR THE WEEK:

This week is about working out what your goals are.

Write down what you are hoping to get out of life.  
Break this down into sections, work and home life.

Look at the different elements.

- What type of work do you want to be doing?
- What makes you enjoy work, is it responsibility, ability to have freedom, making things happen etc.
- Is where you live and commute important, what are you happy to do?

Once you have listed out realistic goals, then look at how you can achieve this.

## RESULTS:

