Setting my goal

- **Complete the "Setting my goal" handout to set a new goal**
- **Use the two rulers to check that the goal is doable**
  - ↳ If scores are less than 7, adjust the goal

Is reaching this goal important to you?

0   **10**

Not at all important   Very important

Do you think you can reach this goal?

0   **10**

No, I cannot   Yes, I can