



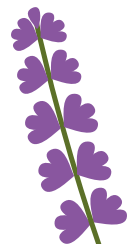
Goal setting worksheet



Name: _____ Date: _____

Becoming your best self

(in what ways do you want to improve yourself during the trip?)



Goal 1

How I'm going to achieve it



Goal 2

How I'm going to achieve it



What challenges might you face when trying to achieve your goals?

How will you overcome these challenges?



turn over



New skills I'd like to learn

(what specific skills would you like to learn during the trip? Think of new activities you will be doing on the trip that you've never done before: packing, planning what you're eating, sharing a bedroom, activities such as archery, abseiling, hiking, fire-lighting)



Goal 1

How I'm going to achieve it

Goal 2

How I'm going to achieve it

What challenges might you face when trying to achieve your goals?

How will you overcome these challenges?



Reflection time:

1. Why are these goals important to you?
2. How will achieving these goals benefit you during and after the trip?
3. Who can support you in achieving these goals?

