

GOAL CYCLE



Personal - Teenagers

Long term– Enjoy doing my homework and better school performance (1 month)

Medium term – Reduce feelings of stress and overwhelming with homework (two weeks)

Short term – Reduce the time I spend on my homework **This week**



GOAL CYCLE
EXAMPLES

I could....

- Wake up 30 min earlier every day
- look at my schedule and understand how I spend my time
- Stop doing some of the afterschool activities
- Use techniques that can help me with distractions (meditation, Pomodoro technique).
- I could do it with my friends and make it fun

GOAL

Reduce the time I spend on my homework. How much time you want to spend? (**Within one week. Make sure you write the DATE**)

• **ACTION** I could do it with my friends and make it fun

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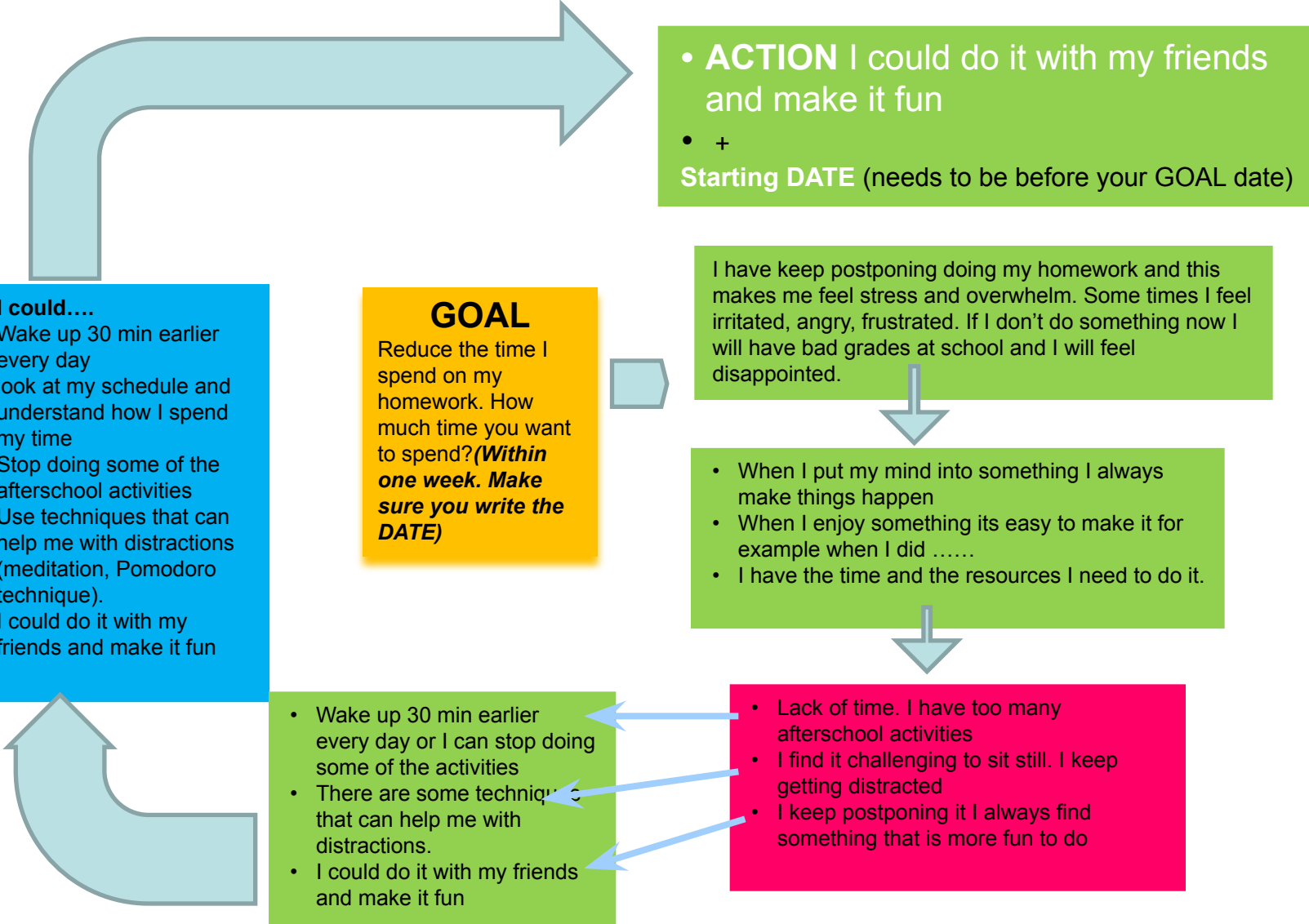
Starting DATE (needs to be before your GOAL date)

I have keep postponing doing my homework and this makes me feel stress and overwhelm. Some times I feel irritated, angry, frustrated. If I don't do something now I will have bad grades at school and I will feel disappointed.

- When I put my mind into something I always make things happen
- When I enjoy something its easy to make it for example when I did
- I have the time and the resources I need to do it.

- Wake up 30 min earlier every day or I can stop doing some of the activities
- There are some techniques that can help me with distractions.
- I could do it with my friends and make it fun

- Lack of time. I have too many afterschool activities
- I find it challenging to sit still. I keep getting distracted
- I keep postponing it I always find something that is more fun to do

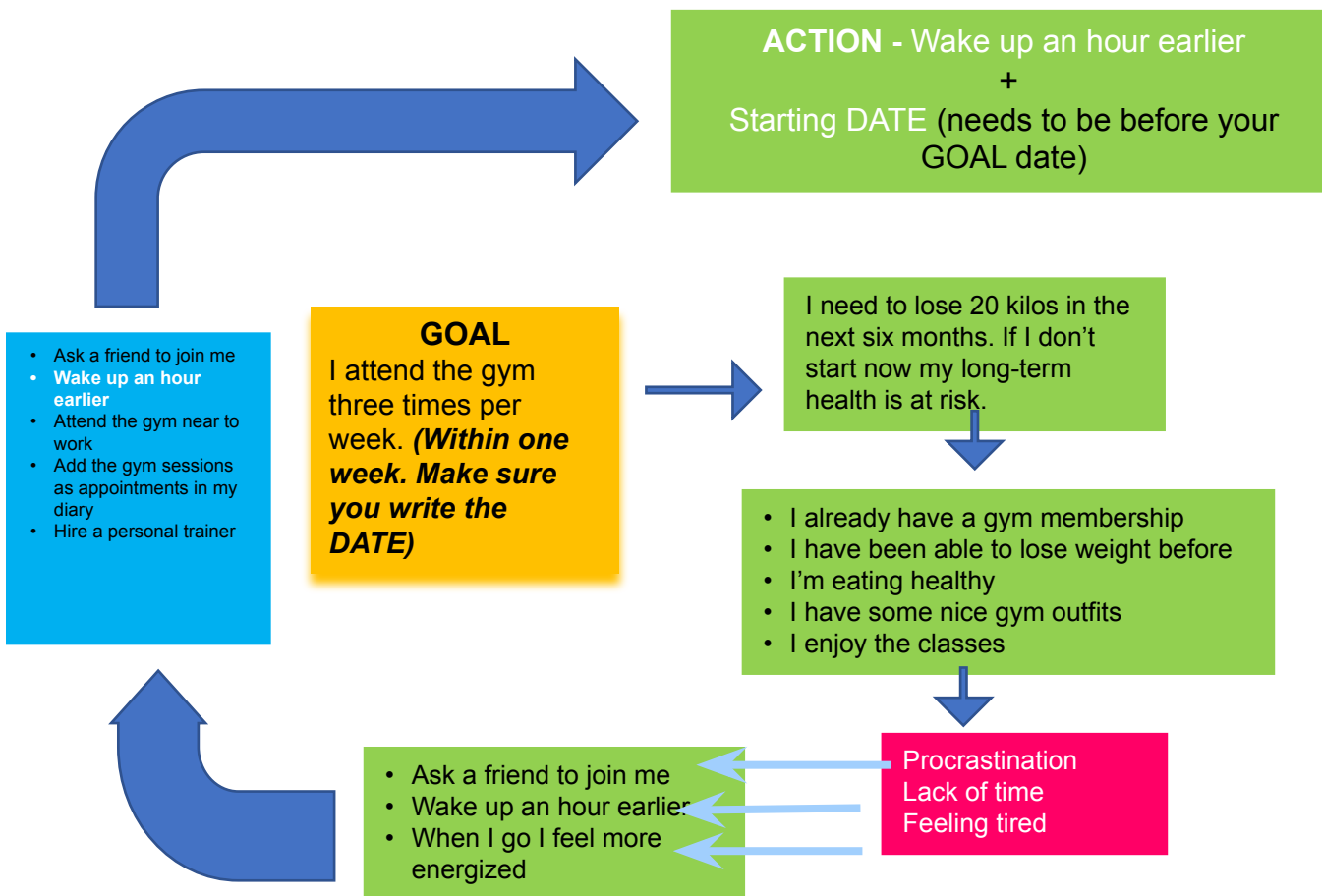




Health

Long term – lose 20 kilos in six months
Medium term – lose 10 kilos in three months
Short term – Attend the gym three times per week

GOAL CYCLE
EXAMPLES

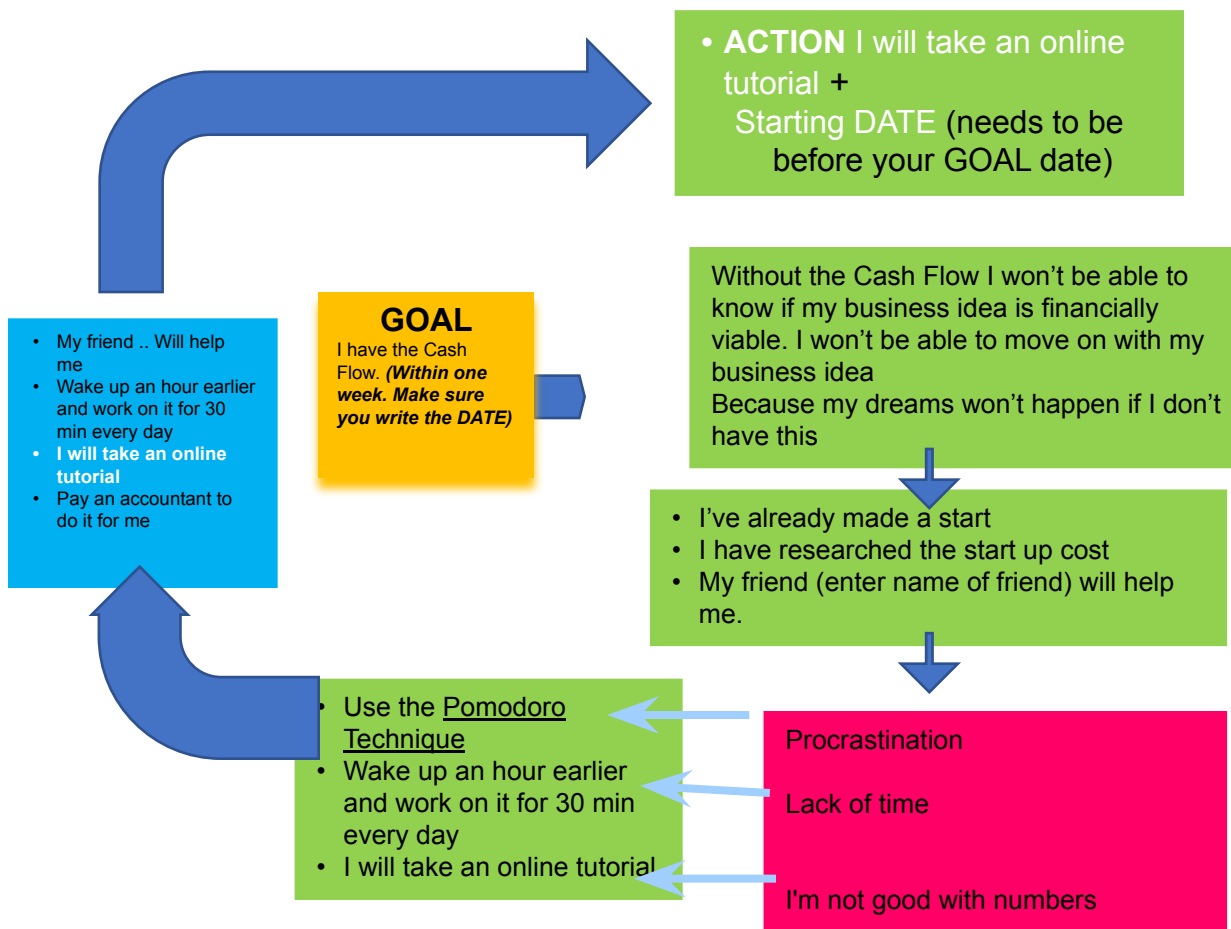




Business

Long term – 12 months generate £.....
Medium term – 1 month finish business plan
Short term – Finish the finance section of the Business Plan

GOAL CYCLE
EXAMPLES





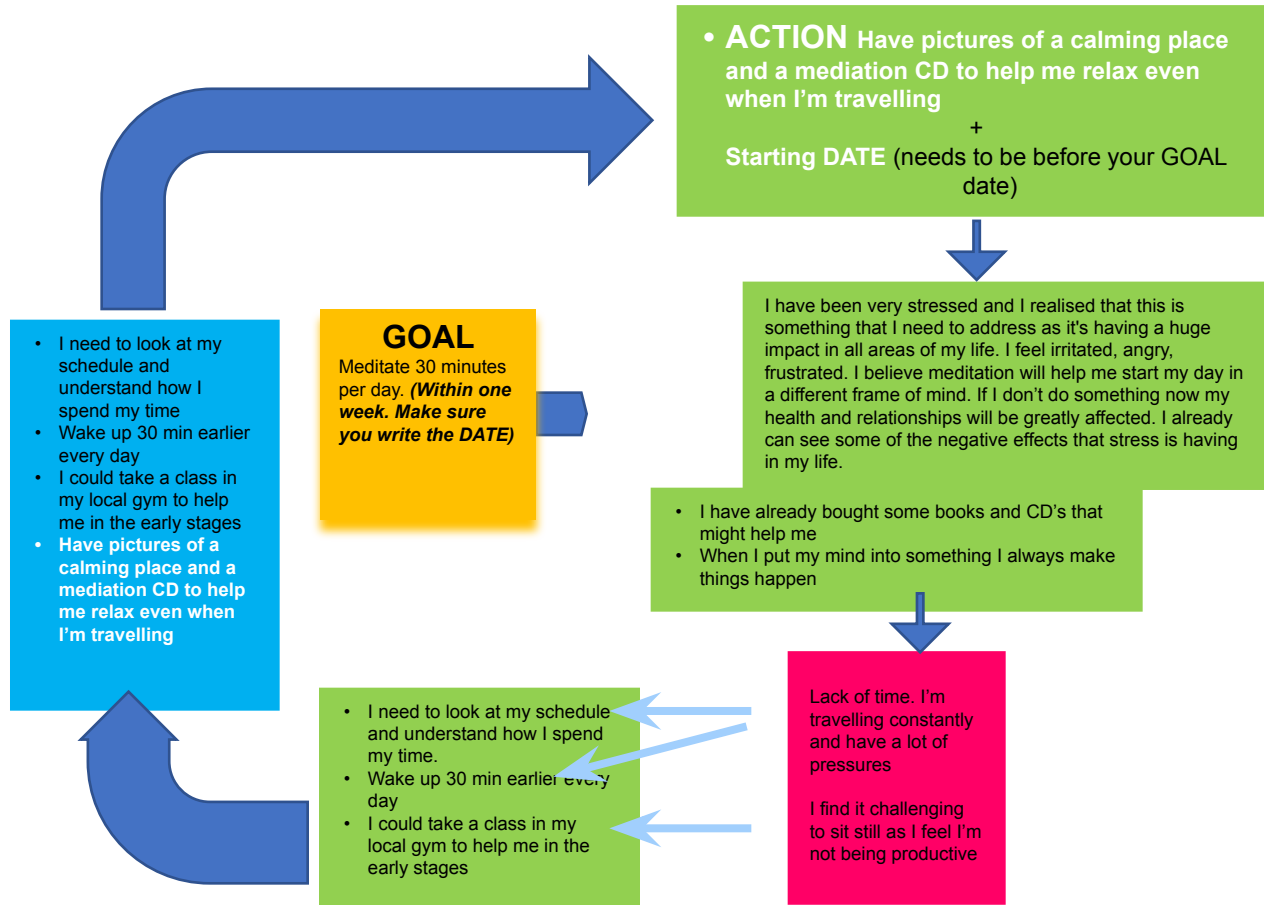
Personal

Long term– Reduce my stress levels by managing my time more efficiently 1 month

Medium term – Dedicate 30 min per day to myself and a weekly session on (my hobby)

Short term – Meditate 30 min per day.

GOAL CYCLE EXAMPLES





Mini goals timeline



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**BIG
GOAL**