



GOAL SETTING



GOAL SETTING can help us when we feel overwhelmed and can be used to improve your health and wellbeing.

When we have goals our attention is focused and it helps give us direction and motivation.

You can also reduce your anxiety and stress by making clear and simple goals in your every day life.

"A goal without a plan is only a dream." Zoe, 15

"If you want to kick a goal, you've got to be able to see the goal posts." Migali, 17

WHAT CAN I DO?

- Make a to-do-list.
- Prioritise what you need to do.
- Set some time frames and plan your work.
- Ask for help if you need it.
- Take breaks and do things you enjoy.
- Avoid distractions like phones and social media.
- Keep your goals realistic.
- Try not to stress if you don't get something done – try again tomorrow.

