

**Week 5:**

**Self-reflection and goals**

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| **I am someone who…**  This worksheet can support self-reflection.  Think carefully about yourself and have a go at completing the sentences below:   |  |  | | --- | --- | | I am someone who always  I am someone who wishes  I am someone who cannot  I am someone who can    I am someone who is grateful for    I am someone who struggles with  I am someone who never    I am someone who forgets to    I am someone who remembers to  I am someone who is brilliant at | ……………………………………………………………………….  ……………………………………………………………………….  ……………………………………………………………………….  ……………………………………………………………………….  ……………………………………………………………………….  ……………………………………………………………………….  ……………………………………………………………………….  ……………………………………………………………………….  ……………………………………………………………………….  ………………………………………………………………………. | |
| **My Goal Ladder:**  The goal I want to reach is: …………………………………………………………………………………………  On the ladder below write down the different steps you can take to gradually build up to reaching your goal    Step 5  Step 4  Step 3  Step 2  Step 1 |