

**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 alwaysI am someone who wishesI am someone who cannotI 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 toI am someone who is brilliant at | ……………………………………………………………………….……………………………………………………………………….……………………………………………………………………….……………………………………………………………………….……………………………………………………………………….……………………………………………………………………….……………………………………………………………………….……………………………………………………………………….……………………………………………………………………….………………………………………………………………………. |

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| **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 goalStep 5Step 4Step 3Step 2Step 1 |