



Setting goals

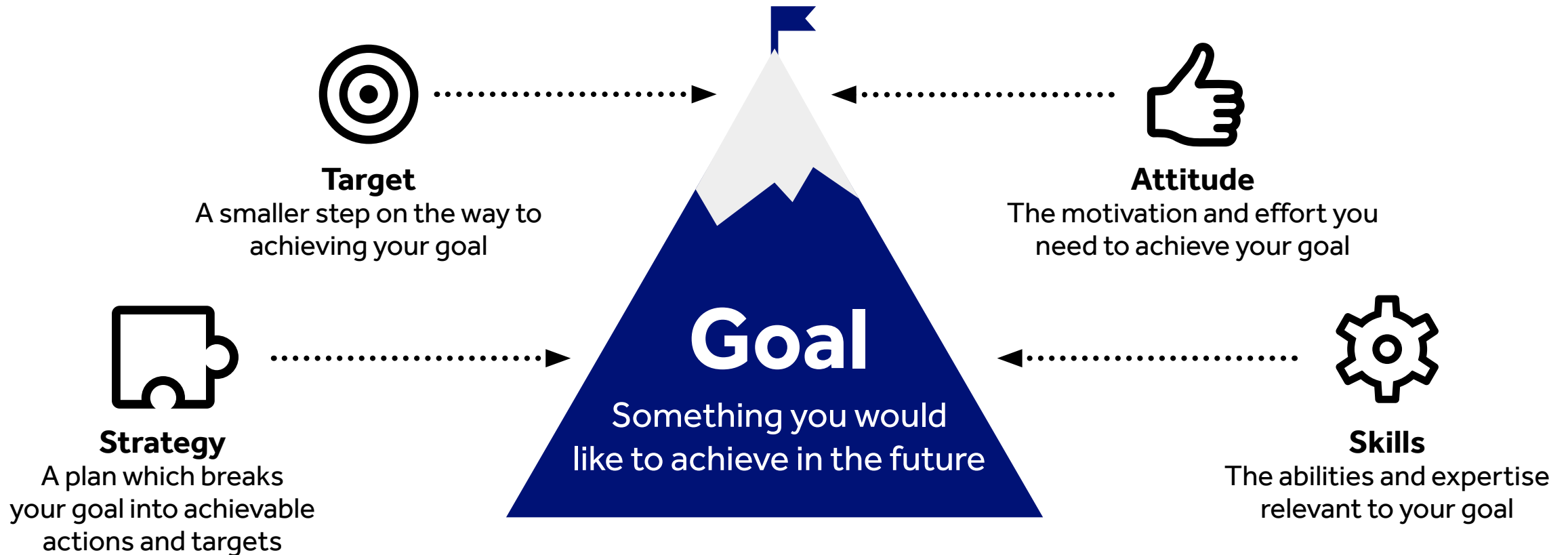
Age range: 11-14, 14-16 and 16-19



Achieving a goal

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Setting goals and planning how to achieve them helps us to aim high at school, at home and at work.



Simple steps to setting goals



Target	Target	Target
Get work experience in a restaurant	Get a qualification in culinary arts or professional cooking	Improve my financial capability

Action	Action	Action	Action
Research which types of cuisines and restaurants in my local area are most successful	Practise different cooking skills at home and in food technology lessons at school	Use a budget to track my income and spending to improve my confidence with money	Find someone who works in a restaurant who can give me advice
Skills	Skills	Skills	Skills
Proactivity and aiming high	Creativity	Staying positive and resilience	Listening and communication

The power of a SMART target



Specific

I want to be able to run 5km without stopping in under 30 minutes

Measurable

I will run on a measured running track or record the distance with an app to ensure it is 5km

Achievable

I can already run short distances of about 3km at a moderate pace, so 5km isn't too much more

Result-focused

I will gradually build up my distance by 500m per week

Time-bound

I will achieve this within one month



How the right attitude can help you achieve your goals

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Developing a growth mindset	How can I do it?	Who can help me?	What will this help me achieve?
1. Ask for and act upon feedback about my performance	Ask for some tips after my next basketball match	Team coach, team mates	I'll know what I need to improve which will focus my practice
2. Push myself to be the best I can be	Create a revision planner with enough time before my next maths test	Maths teacher, classmates, a planner	Feel proud of my result whatever the outcome, knowing I tried my best
3. Welcome mistakes as learning experiences, and be resilient when things don't go my way	Take time to reflect on a time when things didn't go to plan and talk it through with a friend	Friends, teachers, family	Realise that mistakes usually come with some positives
4. Practice my skills and knowledge and always look for ways to improve	Offer to show a new colleague at the café where I work how to use the coffee machine	Employer, colleagues	Explaining something to another person is a good way of testing my own knowledge and is an opportunity for practice
5. Reward myself for my hard work and effort, looking back at how I have improved instead of comparing performance with other people	Compare how far I could run in 30 minutes at the end of last year with now	Classmates, team mates, family	Remember that practice and effort leads to improvement