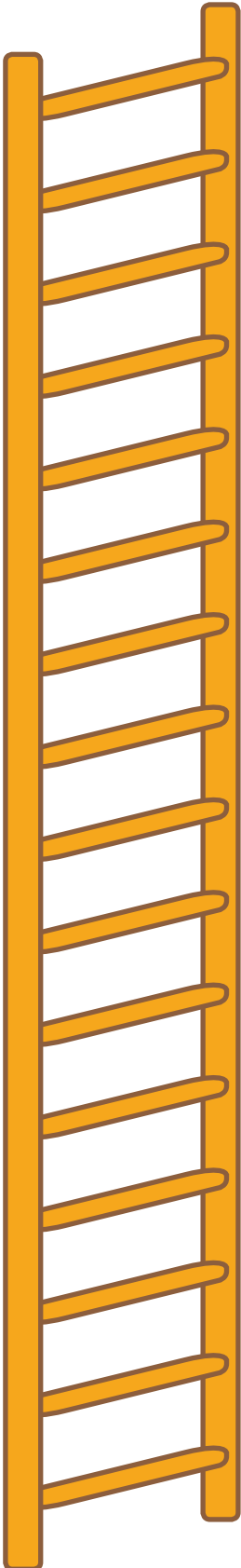


**Give us  
a break!**

**Resource sheet 18a**  
**Goals ladder**



10. \_\_\_\_\_  
\_\_\_\_\_

9. \_\_\_\_\_  
\_\_\_\_\_

8. \_\_\_\_\_  
\_\_\_\_\_

7. \_\_\_\_\_  
\_\_\_\_\_

6. \_\_\_\_\_  
\_\_\_\_\_

5. \_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

1. \_\_\_\_\_  
\_\_\_\_\_



**Give us  
a break!**

## Resource sheet 18b Goal setting

Where are you on the goals ladder, if your ideal future is at step 10?

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What could you do to move towards the next rung on the ladder?

List some possible solutions:

Choose one task and write it here:

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List how you will know if you have succeeded in your task: