



# My Goals

- ★ Think positive
- ★ Stay focused
- ★ Try something new
- ★ Do something active or creative
- ★ Keep my room clean
- ★ Drink more water
- ★ Listen to others
- ★ Start a project
- ★ Ask for help or help others
- ★ Eat some fruit



How I feel when I achieve my goals

Lighter

Healthier

Proud

Energised

Happy

In control

More positive



REALISING CHILDREN'S POTENTIAL  
THROUGH EDUCATION