

WHAT IS IT?

We all need to know what our goals are – how else will we get there?

Setting goals, making action plans and keeping track of how you're doing, are important parts of the MOLP programme.

You need to:

- think carefully about what drives you, what you're good at and let this help you plan what goals to set
- make a fair judgement about what your skills and experience are at the moment
- identify anything which is stopping you from moving forward
- plan realistic goals, which you can achieve within a reasonable time

WHY DO I NEED TO KNOW ABOUT THIS?

Setting unrealistic goals usually ends in lack of confidence and motivation – you need to prove to yourself that you can do things, not set yourself up for goals which are too far away as yet.

Setting realistic, achievable goals which you CAN reach in a reasonable time, will encourage, inspire and motivate you to carry on down your chosen path.

Big bridges are made from little bricks.

These are skills which will HELP you throughout your life.