



LO: I can work out the steps needed to achieve a goal.





Last week in PSHE we watched the following video:

<https://www.youtube.com/watch?v=a4jnPQD7pO8>

Watch the video again to remind yourself.

## Discussion point

What do you think was meant by 'breaking a goal into smaller steps'?





## Activity:

Now is the chance to think about the goal you set yourself last week.

Last week you thought about your goal, why you want to achieve this goal and what could stand in your way.

What three smaller steps are you going to take to achieve your goal?

Use the cartoon strip template to draw and write a caption for each stage.



---






Just for fun to finish our theme:

<https://www.youtube.com/watch?v=XGd0gq5Fgjc>