

## Creating Goal Cards

**Learning Outcomes** - On completion of this activity the student will be able to:

- Complete a list of goals.
- Estimate the completion date of each goal.
- Create goal cards.

**Estimated Time** – The time estimated for this activity is 30 minutes

**Introduction** – Starting from a blank sheet of paper it is possible, by following a few simple steps, to filter out a group of achievable goals.

### **Activity** - Creating a List of Goals

Without prioritising or trying to establish any order, take 5 minutes to write down a list of as many goals as you can. Consider goals related to health, finance, career and relationships. Once you have the list, write down beside each goal whether you expect to accomplish the goal in 1, 3, 5 or 10 years. Add up how many 1, 3, 5 & 10 year goals that you have and consider how balanced this makes your goals. Having many short term goals may suggest that you have lots of things that you know you need to do that are currently not done.

Pick the 8 goals that you would like to prioritise and write each of them on the back of the cards provided. You will notice that each of the cards already has an inspirational quote on one side. You can carry these goals around with you and read them often.

