

Supporting you to
achieve your ambitions!

My Goals!

What do I want to achieve?

In the gym

Out of the gym

What do I need to make it happen?

In the gym

Out of the gym

What am I going to spend the most time on?

In the gym

Out of the gym

REFLECTION

Some questions you
can ask yourself

What did I do today?

What went well and why?

Did I challenge myself?

What did I learn?

If something didn't go well,
what did I learn from it?

What did I enjoy doing?

Did I have fun?

I listen to feedback which
helps me learn and improve

I believe I become better by working hard

I love new challenges

When I've done well,
I think I can do better

I try really hard not to give up

I learn from making mistakes



MY VALUES

What makes me who I am

MY SUPER STRENGTHS

What I'm really good at

WHO I CAN ASK FOR HELP

WHO I CAN HELP