



“Picture This” Follow-Up Exercise

At this week’s workshop you created and shared a vision board for yourself, imagining your long- and short-term goals. During this week’s one-to-one, use this time to revisit the goal setting worksheet from the first week, and really finalize the details of your top priority goal that you want to work on during the program. Have you made progress toward your goal? What can you do in the next two weeks to work on this goal? If you decide together to adjust the goal, take note on the goal setting worksheet or request a new copy of the goal-setting worksheet from the Program Leader, if you need one.

You can also:

- Revisit what your motivations are for achieving this goal.
- Revisit what you think you will need the most help with to achieve this goal. How can you help keep on track?