

*We all need goals to work towards.  
 A lack of goals inevitably leads to feelings of depression.  
 Goals provide a sense of meaning and motivation – without them our lives  
 tend to lose meaning and we tend to lose motivation. Achieving goals helps  
 to give your confidence a boost. Make sure the goals you set are not  
 overwhelming, are interesting and challenging.*

GOAL AREA	SHORT TERM <i>(Next few weeks)</i>	MID TO LONG TERM <i>(Next few months)</i>
WORK		
LEISURE/PERSONAL DEVELOPMENT/ HEALTH		
FAMILY & DOMESTIC		