

Goal Setting Workbook



In collaboration with

sixtyone

This workbook

Unleash your potential with a positive perspective

Welcome to the transformative journey that lies within the pages of this workbook. Life consists of a blend of challenges, dreams and opportunities, woven together like a tapestry. At times, the path ahead might seem daunting, the obstacles insurmountable, and the world filled with uncertainty. But within every challenge, there lies a chance for growth, a spark of potential waiting to be ignited.

This workbook is your guide to harnessing the power of a positive mindset and cultivating a "can do" attitude that propels you toward your goals. It's not just a collection of pages; it's a voyage of self-discovery, a compass for navigating the vast sea of possibilities that life presents.

Embracing change with open arms

Life is in constant motion, forever shifting and evolving. Change is inevitable, yet it's our response to it that defines our journey. This workbook is designed to help you embrace change as a catalyst for growth. By fostering a positive perspective, you'll find that even in the middle of uncertainty, you possess the tools to adapt, learn, and thrive.

Turning challenges into opportunities

Challenges aren't roadblocks; they're opportunities in disguise. Through exercises and thoughtful prompts, this workbook empowers you to reframe challenges into stepping stones. Discover the strength that resides within you, waiting to be uncovered. By approaching obstacles with determination and a positive outlook, you'll uncover innovative solutions and newfound resilience.

Cultivating your inner optimist

An optimist isn't someone who disregards reality; rather, they choose to see the potential within it. This workbook guides you through exercises aimed at nurturing your inner optimist. By focusing on the positive aspects of situations, you'll find renewed energy, creative solutions, and a sense of empowerment that propels you forward.

Setting goals that ignite your passion

Goals are the compass points that guide us toward our dreams. This workbook assists you in setting meaningful goals that resonate with your passions and aspirations. With a positive perspective as your foundation, you'll approach goal-setting with clarity, enthusiasm, and a desire to succeed.

Your journey starts now

As you embark on this journey through the pages ahead, remember that transformation is a process, not an instant revelation. The power of a positive mindset lies within your grasp. Every insight, every shift in perspective, and every goal that you set brings you closer to unlocking your fullest potential.

Within these pages, you'll find 52 tasks carefully designed to guide your growth. While you might wish to tackle one task per week, you're free to engage with the workbook at your own pace. Have a go at the exercises whenever is convenient. Embrace each exercise fully, allowing yourself the time to reflect rather than rush. This journey is yours to shape, to transform, and to savour.

Are you ready to rewrite your story, and embrace the incredible journey that is life? Let's begin!

Task 1 – Introduction to goals

Goals inspire us to unlock our full potential and enhance our lives by guiding our actions towards a desired destination.

The most remarkable innovations and achievements have emerged from the practice of setting goals and pushing our limits. Setting goals is fundamental to imagining new possibilities beyond our current beliefs and reaping the rewards of maintaining a positive mindset and embracing bravery in our choices.

This is how Normal Vincent Peale put it: “To experience the satisfaction and enjoyment of success in life, a definitive goal is essential. Many people fail at this vital point. Strong and organised purposefulness towards a definite objective will focus your powers into strong motivation in attaining your goal.”

The next few exercises have been designed to help you to develop and achieve your goals.

Exercise

Before you set your goals, please read the following 8 quotes, put a tick next to your favourite ones:

- ☐ “If we have no goals, we have no frame of reference, no star to steer our little boat by, we are tossed from wave to wave of inane and meaningless existence”. E. Stanley Jones
- ☐ “If you don’t design your own life plan, chances are you’ll fall into someone else’s plan and guess what they have planned for you? Not much.” Jim Rohn
- ☐ “Even if I don’t reach all my goals, I’ve gone higher than I would have if I hadn’t set any.” — Danielle Fotopoulos
- ☐ “You must have long term goals to keep you from being frustrated by short term failures.” Charles C Noble
- ☐ “Know what you want to do, hold the thought firmly, and do every day what should be done, and every sunset will see you that much nearer the goal.” Elbert Hubbard
- ☐ “The tragedy of life doesn’t lie in not reaching your goal. The tragedy lies in having no goals to reach.” Benjamin Mays
- ☐ “The greatest danger for most of us lies not in setting our aim too high and falling short; but in setting our aim to low, and achieving our mark.” Michelangelo
- ☐ “A year from now you may wish you had started today.” — Karen Lamb

Discuss your favourite quotes with friends, family members, colleagues and your mentor.

Task 2 – Set your primary goal

Primary goal: Your **cause** and purpose in life

Try to think of something that you would like to do or become which could have a positive impact on the lives of others. This could be something personal and it could be something general like working with a charity to help solve homelessness or addiction. Whatever you choose will be known as your **primary goal**. Your primary goal will be a long-term commitment to improving a certain situation.

Finding one's primary goal is a deeply personal. While there is no specific set of questions that can guarantee an answer, here are some thought-provoking questions that may help guide you in the process:

1. In your own personal experience and circumstances, where do you think the biggest areas of need are?
2. What do you know or what have you experienced or what talents, skills or strengths do you possess that could make a positive impact in these areas?
3. Are you aware of any other individuals, organisations or charities that could help you?
4. What steps could you make personally that will have a positive impact in this area?

Identifying your primary goal isn't easy and it's perfectly okay to refine and reset this over time. However, do keep thinking about this, discuss it with your friends, family members, colleagues or mentor, actively seek new experiences, and remain open to the possibilities that arise.

If you have an idea of what your primary goal is, even if only a very loose, vague idea for now, write it in the box below. However, if nothing comes to mind, leave this for now and come back to it later.

Primary Goal:

Task 3 – Set your secondary goals

Your primary goal will be a long-term commitment. However, you should also select some secondary goals. These will be shorter term goals and if set and followed correctly, they will lead to a healthier you - physically, professionally, mentally and spiritually. They will support you in your primary goal.

You should have at least one secondary goal in relation to each of the following areas: Physical, Professional, Mind and Spirit. However, if you are feeling brave, choose two or three goals for each area. Write your secondary goals in the relevant boxes below:

Physical: Choose a physical goal and write it in the box below. For example: drink more water, begin an exercise class, eat more healthily, build muscle, start a fitness regime, sign-up to a 10k run, join a sports club.

Professional: Choose a professional goal and write it in the relevant box below. For example: get help with writing a CV, write down types of jobs to explore, apply for a job, set some professional goals for your current job, learn a new work-related skill, do a training course, do some research on how your market is changing, come up with a business idea, start your own business.

Mind: Choose a mind goal and write it in the relevant box below. This can be anything that can expand your mind and get you thinking differently. For example: visit a new place, attend a MentorMe event, write a poem, paint a picture, leave the city for the day, take up a hobby, do a jigsaw, read a book.

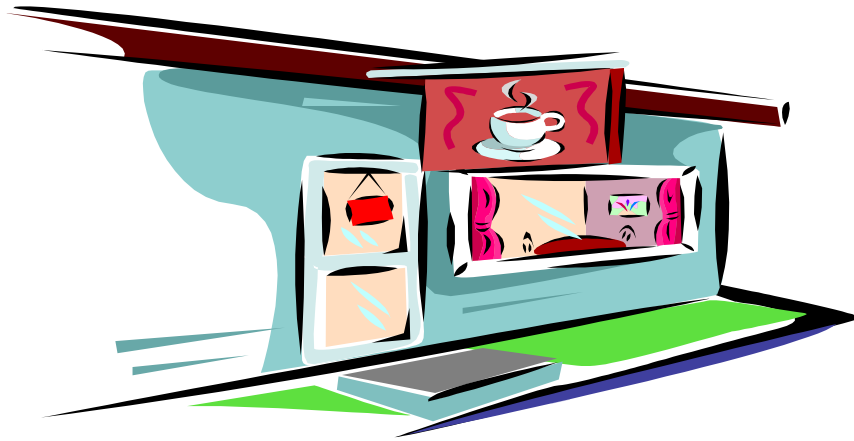
Spirit Choose a spiritual goal and write it in the relevant box below. For Example: focus on inner peace, take up meditation, research different faiths and beliefs, attend a religious service, try an Alpha course at your local church.

Areas for growth	Goal
Physical	
Professional	
Mind	
Spirit	

Discuss the following questions with your mentor: Which of these goals excites you the most? Which ones are most consistent with the person you want to be? Who else will benefit from you working on these goals? How can you stay motivated?

Task 4 - Test your business skills

Test Your Business Skills with the following **Coffee shop case study**



Luke is a young entrepreneur who recently started his own coffee shop after working in a popular chain for a few years. He has set his sights on expanding his business and making it the go-to destination for coffee lovers in his community.

To achieve his goal, Luke has been networking with other coffee shop owners to learn from their experiences and share ideas. He has also started to offer special promotions and discounts to customers, using social media and flyers to spread the word.

In addition, he is always looking for ways to improve the customer experience at his coffee shop. He has hired a friendly and knowledgeable staff and he has invested in high-quality coffee beans and equipment to ensure that his customers always get the best coffee possible.

What proactive steps is Luke taking to enhance his coffee shop's reputation and customer base?

What do you think will be the consequences of that behaviour?

Can you think of anything else Luke could do to help him achieve his goal of being the go-to destination for coffee lovers in his community?

Task 5 - Ten quotes

Exercise 1

Please read the following quotes and circle your favourite one. Then try and learn it.

1. "Don't be pushed around by the fears in your mind. Be led by the dreams in your heart."
Roy T. Bennett
2. "Don't count the days, make the days count." Muhammad Ali
3. "The great thing in the world is not so much where we stand, as in the direction we are moving." Oliver Wendell Holmes
4. "Success is not final. Failure is not fatal. It is the courage to continue that counts." Winston Churchill.
5. "Opportunity is missed by most people because it is dressed in overalls and looks like work."
Thomas Edison
6. "Sitting still and wishing; Makes no person great; The good Lord sends the fishing; But you must dig the bait." John Masefield
7. "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." — Maya Angelou
8. "I am not a product of my circumstances. I am a product of my decisions." Dr. Stephen R. Covey
9. "We will fail when we fail to try." — Rosa Parks
10. "We are what we repeatedly do. Excellence therefore, is not an act, but a habit." Aristotle

Why did you choose that quote? How will it motivate you to pursue your goal(s)?

Task 6 - Who, what, when & how?

To succeed in your goals, you are likely to need the support of others. Choose one of your goals (this could be a primary or secondary goal) and write it in in the box below:

Next ask yourself the following questions about the goal you have written above:

Who needs to be involved in this goal? Are there any individuals or groups you can collaborate with? When and how are you going to make this collaboration happen?

Who can provide support and encouragement along the way? Friends, Family, Mentors, Colleagues? What could they do to support you? When can you talk to them about this? Could you ask anyone to provide you with constructive feedback on your progress?

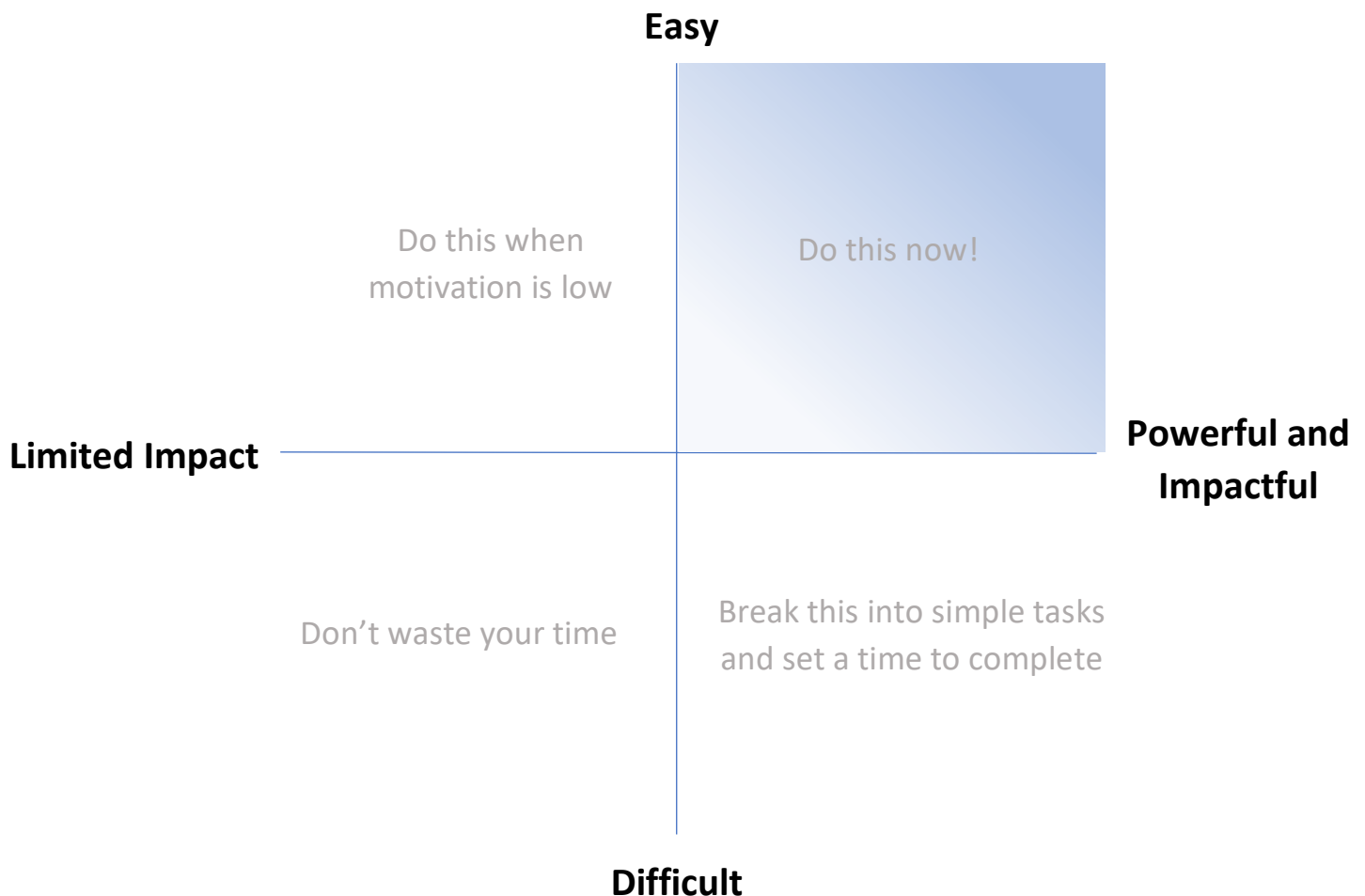
Who else might benefit from your pursuit of this goal? How could you celebrate your successes with them?

Task 7 - Activity list and map

Choose one of your goals (this could be your Primary Goal or one of your Secondary Goals) and write it in the box below:

Do a bullet point list of some activities that could help you move forward and closer to your chosen goal:

Consider **how easy** and **how impactful** the above activities would be and write them down in the appropriate box below. For example, you would write a very easy and very impactful activity in the top right-hand box. You would write a very easy activity that had limited impact in the top left-hand box.



Task 8 - Test your business skills

Test your business skills with the following luxury tyre fitting case study



John owns a tyre fitting business that specialises in high-end tyres for wealthy clients who drive luxury vehicles. He used to work at a tyre shop but decided to start his own business to pursue his passion for tyres. John's business has grown significantly in the past few years, and he now has a goal of expanding his business to include more services and increase revenue.

To achieve his goal, John reached out to a local luxury car dealership to offer his services. Although he was initially rejected, he continued to build a relationship with the dealership and eventually secured a contract. Additionally, John runs a social media campaign to reach potential customers and has a customer loyalty program to encourage repeat business. He also attends industry events and conferences to stay up-to-date on the latest tyre trends and techniques.

What proactive steps is John taking to achieve his goal?

What are the consequences of that behaviour?

Can you think of anything that John could do to achieve his goal of expanding his business to include more services and increase revenue?

Task 9 - Begin, cease, continue

Write one or more of your physical goals in the box below:

Now have a go at answering the questions below:

In order to achieve your goals:

1. What could you begin doing today?

2. How regularly could you do this realistically?

3. What should you stop doing?

4. How will you stay motivated?

Task 10 - Ten quotes

Exercise 2

The following 10 quotes relate to getting into a positive mindset, being determined, having faith and never giving up. Please read them through and circle your favourite one. Then learn it.

1. "Nurture great thoughts for you will never go higher than your thoughts" Benjamin Disraeli
2. "Positive thinking will let you do everything better than negative thinking will." Zig Ziglar
3. "Without ambition one starts nothing. Without work one finishes nothing. The prize will not be sent to you. You have to win it." — Ralph Waldo Emerson
4. "Never despair. But if you do, Work on - in despair." Edmund Burke
5. "Real courage is when you know you're licked before you begin, but you begin anyway and see it through no matter what." Harper Lee
6. "Two men looked through the prison bars, one saw mud, the other stars" Author Unknown
7. "You've got to get up every morning with determination if you're going to go to bed with satisfaction." George Lorimer
8. "You can never cross the ocean unless you have the courage to lose sight of the shore" Christopher Columbus
9. If you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you." Jesus (Matthew 17:20)
10. "Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway." Earl Nightingale

Why did you choose that quote? How will it motivate you to pursue your goal(s) ?

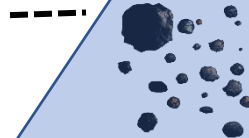
Task 11- Visualise your goal as a space mission!

Write down: (1) One of your Professional goals next to the planet. (2) Write down the challenges you will face next to the asteroid storm. (3) Next to the flame of the rocket booster write down what will propel you forward and motivate you through the asteroid storm to achieve your goal.

(1) **Planet** – What is your professional goal?



(2) **Asteroid Storm** – What challenges you will face along the way?



(3) **Rocket booster:** What will propel you forward and motivate you through the challenges?

Task 12 – Career development

The questions below will ask you to identify the most positive aspects of your skills and to visualise a potential future. It should not take long to complete. The exercises will help you with your professional goals.

1. Your Work

If you currently work or if you have worked previously, which aspect of your work have you enjoyed the most? If you have not previously worked, identify one aspect of your work that you think you would enjoy (e.g. learning new skills, creating new friendships, regular income etc.).

2. Your Skills

Without being modest, in the box below, write what you value most about yourself in terms of your own skills and talents.

3. The Future

Imagine you have stepped into the not too distant future and, as you look around you realise that your working life has improved significantly. Now ask yourself the following questions.

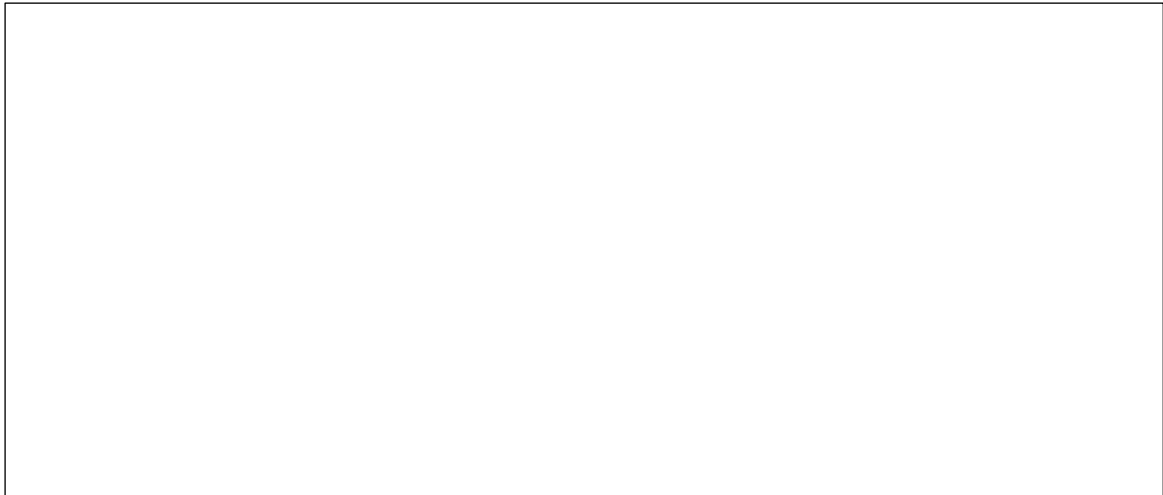
What new skills have you learnt in this new improved future? What existing ones have you enhanced?

Describe your working environment in terms of what you see in this new improved future. What is new, changed, better, or more effective and successful? For example, this could be as simple as a more organised, uncluttered workspace which lends itself to a more efficient way of working?

Task 13 – Character traits exercise

Picture your best self in a new improved future and consider the most important character traits which you would possess (even more so than now).

Then, if you were to overhear someone talking about you, which 5 words would you like them to use to describe you. To help with this, some examples are set out below. However, this is by no means an exhaustive list and it has simply been included to prompt your thinking.



Calm, Confident, Courageous, Decisive, Determined, Efficient,
Engaging, Enthusiastic, Focussed, Innovative, Inspiring,
Knowledgeable, Open-minded, Optimistic, Organised, Pioneering,
Reliable, Supportive, Sympathetic, Trustworthy, Understanding,
Upbeat, Visionary.

Why are these traits important? How will they help you achieve your goals?



Task 14 - Test your business skills

Test Your business skills with the following burger restaurant case study



Bob, who gained business knowledge while working as a cook for a larger burger chain, started his own high quality burger restaurant business a few years ago. Despite not having received any additional training, he has relied on his previous experience to operate his business. However, he has not been able to come up with new burger recipes or menu items, and his offerings have remained the same. One of the biggest challenges Bob faces is access to customers since his burger restaurant is located in a suburban area of the city and most people in the city have never heard of Bob's restaurant.

To address this issue, a successful friend of Bob has suggested he purchase a food truck, but Bob immediately dismissed it as a bad idea as he associates burger trucks with cheap poor quality burgers and he wants to focus on the high-end, high-quality market. He thinks that gaining better access to his customers would be necessary, but until now, he has not tried anything new.

What is the difference between Bob's behaviour and that of John from Task 8?

What do you think will be the consequences of Bob's behaviour?

What could Bob do to help his business become more successful?

Tasks 15 - 18 - Use the GROW Model

The GROW model is a simple framework used for mentoring and goal-setting. It helps individuals define and achieve their goals by breaking them down into manageable steps. "GROW" stands for four key stages: **G**oal, **R**eality, **O**ptions, **W**ill.

Task 15 – Goal

The first Step in the GROW Model

Goal: This stage focuses on clarifying the goals that the person or team wants to achieve and identifying the desired outcome. Choose one of your goals and write it out clearly in the box below and explain why it is important to you to achieve it.

Write out how you will measure progress towards this goal. How will you know if you are succeeding?

When do you want to start to see the results?

Task 16 – Reality

The second step in the GROW Model

In this stage you should assess your current situation and understand where you really are in relation to your goal at this very moment.

Have a go at answering the questions in the box below:

Have you already taken steps to achieving your goal? If so, what has been most helpful so far? Could you do more of this?

What are your next steps?

What challenges do you face that could hinder your progress?

Task 17 – Options

The third step in the GROW Model

Options: Once the current reality is understood, you should explore the various options and strategies that will help you to move closer to your goals. Write your answers to the following questions in the boxes below:

What changes could you make to your life that could help you to move forward? Is there anything you need to stop doing or thinking that hinders your progress?

What are your current strengths?

Is there a way in which you can draw on these strengths to make more progress and overcome your challenges?

Task 18 – Will

The final step in the GROW Model

Will: The final stage of the GROW model focuses on commitment and action. This stage emphasizes building motivation and maintaining focus to achieve the desired outcomes.

Remind yourself of the most meaningful and helpful actions you have taken so far by writing them in the box below.

What are some self-care practices you can incorporate into your routine to maintain energy and enthusiasm for pursuing your goal?

What support systems can you put in place to stay on track? These might include regularly meeting with friends or with a mentor who you can talk to and discuss your progress and challenges with.

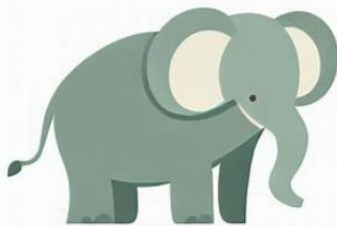
How do you celebrate achievements and progress to reinforce your commitment and motivate you in the long term?

Task 19 – Test your business skills

Get your brain thinking creatively.

Business Question 1

Come up with an idea for new product or service which combines at least 2 of the objects below. You can have any idea even if it seems totally crazy. Try to think of something completely unique.



Business Question 2

What are the biggest problems in your local community? What positive steps could be made to solve them? Can you think of a business idea that could help solve the problem?

Task 20 - Working on a tough goal

Sometimes we may feel like we can't control what happens around us, and that can make it hard to achieve our goals. To help with this, when we set a work goal, we can break it into smaller parts that we can control and take action on. This can make it easier to reach our goals. The following exercise will help you learn how to break down goals into smaller controllable actions and processes to overcome the feeling of having no control.

1. Identify one of your goals that you have struggled to make progress on.
2. Write down the goal in clear and specific terms in the box below:

3. Take a moment to reflect on how the goal makes you feel. Are you excited, overwhelmed, or unsure?
4. Think about what steps you can take to achieve the goal. Break the goal down into smaller, manageable actions that you can control.
5. Write down each action in detail, including what needs to be done, when it needs to be done by, and any resources or support that you may need.

6. Prioritise the actions in order of importance and create a timeline for completing each one.
7. Start working on the first action and track your progress, celebrate your accomplishments along the way and adjust your plan as needed.

Tip

- Remember that taking small, consistent steps towards your goal can lead to big accomplishments over time

Task 21 - Ten quotes

Exercise 3

The following 10 quotes relate to overcoming failure. Please read them through and circle your favourite one. Then learn it.

1. "Success consists of going from failure to failure without loss of enthusiasm" Winston Churchill
2. "Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed." Booker T Washington
3. "Develop success from failures. Discouragement and failure are two of the surest stepping stones to success." — Dale Carnegie
4. "You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it." Maya Angelou
5. "Our greatest glory is not in never falling but in rising every time we fall" Confucius
6. "Many men owe the grandeur of their lives to their tremendous difficulties." Charles H. Spurgeon
7. "Storms make oaks take deeper roots" George Herbert
8. "The gem cannot be polished without friction, nor men polished without trials." Confucius
9. "The man who does things makes many mistakes, but he never makes the biggest mistake of all – doing nothing." Benjamin Franklin
10. "The hammer shatters glass but it forges steel" Norman Vincent Peale

Why did you choose that quote? How will it motivate you to pursue your goal(s)?

Here's another a great quote to bring in mind when pursuing a big cause:

"It is not the critic who counts; nor the man who points out how the strong man stumbled, or where the doer of deeds could have done better. The credit belongs to the man who is actually in the arena; whose face is marred by dust and sweat and blood; who strives valiantly; who errs and comes short again and again; who knows the great enthusiasms, the great devotions, and spends himself in a worthy cause; who at the best knows in the end triumph of high achievement; and who at the worst, if he fails, at least fails while daring greatly; so that his place shall never be with those cold and timid souls who know neither victory or defeat." Theodore Roosevelt

What does this quote mean to you?

Task 22 – Cultivating positive speech and pursuing peace

The following statement was written 2000 years ago. It tries to explain how to live a good, happy and fulfilling life.

“Whoever would love life and see good days must keep their tongue from evil and their lips from deceitful speech. They must turn from evil and do good; they must seek peace and pursue it.” 1
Peter 3: 10 – 11

Have a go at the following exercise which relates to this passage:

Step 1: Reflect on Your Speech - Take some time to reflect on your speech patterns and habits. Are there times when you speak negatively? Consider the impact of your words on others and on your own well-being.

Step 2: Practice Mindful Speech - Become more mindful of your speech throughout the day. Before speaking, pause and ask yourself if your words are true, necessary, and beneficial. Strive to communicate with kindness, honesty, and sincerity.

Step 3: Turn Away from Evil - Identify any negative influences or harmful behaviours in your life. This could include thinking and speaking ill of others. Make a commitment to turn away from these negative habits and replace them with positive actions and words.

Step 4: Do Good - Actively seek opportunities to do good and be of service to others. Practice acts of kindness, compassion, and generosity. Look for ways to uplift and support those around you. By focusing on doing good, you contribute to creating a positive environment.

Step 5: Seek Peace - Make peace a priority in your interactions and relationships. Seek resolution and reconciliation rather than harbouring grudges or fuelling conflicts. Strive to promote harmony and understanding in your interactions with others.

Step 6: Maintain a Prayerful Attitude - Develop a habit of prayer and connect with your spirituality. Offer prayers of gratitude, seek guidance, and request strength to uphold positive values.

Step 7: Reflect on Progress - Regularly reflect on your progress in aligning your speech and actions with the teachings of the verse. Celebrate the positive changes you've made and learn from any setbacks. Allow this exercise to be an ongoing practice of personal growth and transformation.

Write down one thing in the box below which you could start doing today that will help you in relation to any of the steps above:

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Task 23 – Test your business skills

Background: You are the owner of a small outdoor adventure gear retail store located in a popular mountain resort town. Your store offers a range of equipment and clothing for activities like hiking, camping, rock climbing, and skiing. While your business has been doing well during the tourist seasons, you are facing some challenges and need to make strategic decisions to maintain and grow your business.



- Describe your ideal target customer? (e.g. a young family, an elderly couple, a hen party, a group of students? Who else?)
- What do you think your most popular products would be?
- What do you think will be most important to these customers (e.g. price, quality, reliability, variety, well-known brand names etc.)?
- If you received negative feedback about the quality of your products or one of your employees, how would you address this issue?
- Suppose business is quiet and you are not making enough sales. What could you do to get things to pick-up? How could you stay motivated?

Task 24 – Live victoriously

The following 6 statements come from Francis of Assisi who lived from 1181 – 1226.

1. Where there is hatred ... let me sow **love**
2. Where there is injury ... **pardon**
3. Where there is doubt ... **faith**
4. Where there is despair ... **hope**
5. Where there is darkness ... **light**
6. Where there is sadness ... **joy**

Love and Pardon

In a few words, describe a small step you could take that will help you respond to a difficult situation you are currently faced with in a positive, kind, loving and compassionate way, that will help you to work towards peace by letting go of grudges and embracing the freedom that comes with forgiveness.

Faith and Hope

Write a few lines about how you can cultivate faith in your abilities and inner strength. This will boost your capacity to overcome obstacles and help you to foster hope and optimism, even in challenging times.

Light and Joy

Write a few lines about activities or practices that bring you joy and happiness and how you can incorporate these activities into your daily life to uplift your spirits and be a source of light for yourself and others.

Can you name one person you could help or support in relation to one of the above? If so, make a mental note of who they are. Then write in the box below what you could do to help and support this person in this area.

Task 25 - Perseverance

The three exercises below relate to perseverance and your ability to keep going in spite of life's challenges. The exercises start off easier but get much harder.

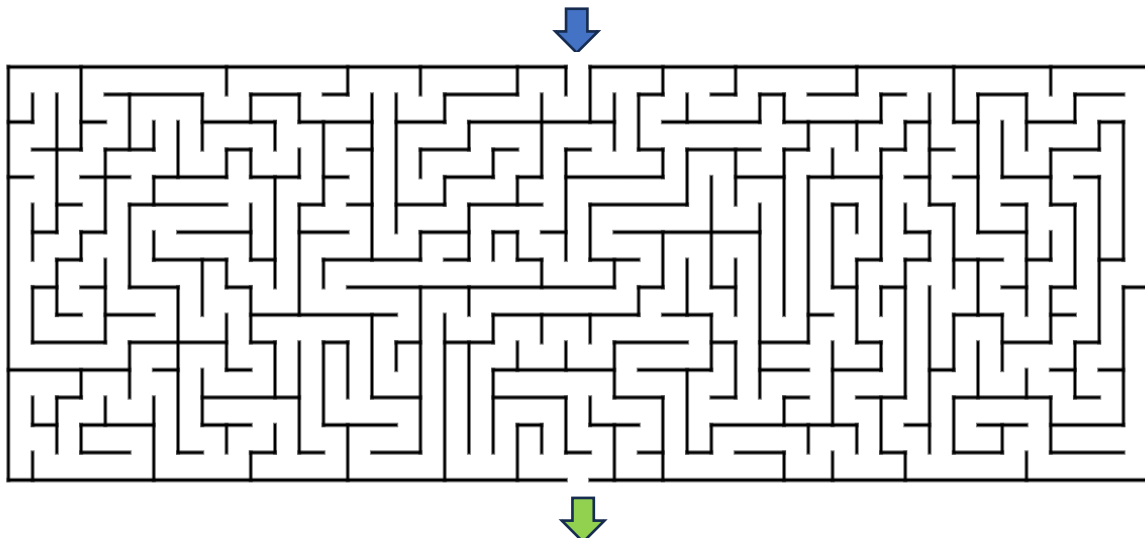
Exercise 1 – Easy: Read the following poem to yourself:

“When things go wrong as they sometimes will,
When the road you’re trudging seems all uphill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest if you must, but don’t you quit
Life is queer with its twists and turns,
As every one of us sometimes learns,
And many a failure turns about
When he might have won but he stuck it out
Don’t give up though the pace seems slow
You may succeed with another blow!

Success is failure turned inside out
The silver tint of the clouds of doubt,
And you never can tell just how close you are,
It may be near when it seems so far.
So stick to the fight when you’re hardest hit
It’s when things seem worst that you must not quit

Exercise 2 – Medium difficulty: Try and name at least one person who is either famous or just known to you personally who has overcome huge challenges.....

Exercise 3 – Hard - Don’t quit: Try and complete the extreme maze below. This one is really tough but there is a way through! You can go back on yourself as many times as you need to if you get it wrong. Just remember – don’t give up - keep going!



Tasks 26 - Overcome a challenge

“Whoever says to this mountain, ‘Be removed and be thrown into the sea’ and does not doubt in his heart but believes that those things he says will be done, he will have whatever he says.” **Mark 11: 23 -24**

“It is a fact that those who have never cultivated a character of faith will have a mental attitude that, instead of moving mountains, builds up mountainous difficulties. But those who have faith are able to say confidently to that mountain, “Be removed” and, finally, through their faith and perseverance, it is. Faith strongly held can move you out of the area of the impossible into a way of life that is full of exciting possibilities.” (Norman Vincent Peale). The steps below will help you increase your faith to overcome any challenge.

1. In the space below, write down at least three things you are grateful for. These can be big or small, such as a beautiful sunset, the support of a loved one, a positive experience, a talent you possess, or even the gift of life itself. After writing down each item, take a moment to reflect on why you are grateful for it. Consider how it positively impacts your life, why it matters to you.

1.
2.
3.

2. Now take a moment to think about the specific challenging situation you are facing. Acknowledge your feelings and emotions related to it.
3. Identify your strengths and positive qualities that can help you navigate the challenge. It could be resilience, determination, creativity or the support of loved ones. Write these out in the space provided below.

--

4. Finally, just think of one small step you could take using the strengths identified above to address the challenge. It doesn't matter how small the step is as long as you are heading in the right direction and starting to move the mountain rather than build up mountainous difficulties.

Task 27 - The future you

Imagine yourself 6 months from now and your life and surroundings had improved by just 10%.

- What can you see? What is different?
- How do you feel in this improved state?
- What positive habits have you developed?
- What new opportunities have opened up for you?
- How have your relationships improved?
- What goals have you reached or are closer to achieving?
- How are you taking better care of your well-being?
- What decisions have you made that have led to these improvements?
- What have you let go of to make room for these positive changes?

These questions can help you paint a more detailed and comprehensive picture of your improved future self and surroundings.

Task 28 - Wordsearch (Part 1)

Find the following 9 words in the word search and draw a line around them:

- Success
- Determination
- Progress
- Courage
- Victory
- Resilience
- Growth
- Persistence
- Confidence

```
I N G J I U P R O G R E S S N
G V R V S W P D Y F C P A Z L
V J O B U Q E E I G O W V D D
E W W R C Q R T G F U P I R Q
V Q T Y C I S E C H R J C A M
M J H B E Y I R K S A F T R C
F M Z A S P S M E F G M O E O
J Y N G S P T I F C E K R S N
A D B J L L E N K A K R Y I F
T N L O W C N A K S Y X X L I
Z A X U M F C T G E N K Z I D
A H Z Q J M E I V M A F M E E
N Q T G E L E O Z E U X X N N
G V S W M O Z N A B W H F C C
L P K D L V S R U V C Q K E E
```

Questions:

1. Can you recall moments in your life when you experienced feelings that relate to any of these words?
2. How can incorporating these empowering words into your daily vocabulary reinforce your commitment to your goals?
3. What steps can you take to cultivate a mindset of growth and success using these words as affirmations?
4. In what ways can you cultivate and strengthen your resilience to stay positive in the face of obstacles?

Task 29 - Greatness Part 1

The hand that moulds

Please read the following passage which was written in 1886:

“The world is not a playground; it is a schoolroom. Life is not a holiday, but an education.

What makes someone great at a sport? Practice.

What makes someone a great artist, a good sculptor, a good musician? Practice.

What makes someone a great person? Practice. Nothing else.

If someone does not exercise their arm they develop no bicep muscles, and if someone does not exercise their soul, they acquire no muscle in their soul, no strength of character, no vigour of moral fibre, no beauty of spiritual growth. No personal greatness.

Do not quarrel, therefore, with your lot in life. Do not complain of its ever-ceasing cares, the annoyances you have to put up with, the difficult people you have to live and work with and deal with. Above all, do not resent temptation; do not be surprised because it seems to thicken around you more and more in spite of your efforts to remove it. That is your practice. That is the practice which God appoints you.

Do not grudge the hand that is moulding the still too shapeless image within you. It is growing more beautiful, though you see it not; and every touch of temptation may add to its perfection and lead to true greatness.” (A revision of The Greatest Thing in the World by Henry Drummond (1886))

What do you think about this passage? What stands out most to you?

What does the statement "Life is not a holiday, but an education" mean to you?

In the space provided below, write out an experience in your life that you have been through which was a valuable lesson for you. Describe how it contributed to your personal growth.

Can you think of anyone who is facing a challenging situation that you could share this with to encourage them?

Task 30 - Greatness Part 2

What is greatness?

In today's society, many people associate greatness with having lots of money, a big house, a fast car, popularity on social media and maybe political power. However, the quote below provides a different perspective of greatness.

'The greatest person is the one who chooses right with the most invincible resolution; who resists to sorest temptation; who bears the heaviest burdens cheerfully; who is calmest in storms, and most fearless under menaces and frowns; whose reliance on truth, on virtue, and on God is most unfaltering.' Seneca (A Roman philosopher)

Please read the following passage and answer the questions below:

"Here is a man who was born in an obscure village, the child of a peasant woman. He grew up in an obscure village. He worked in a carpenter's shop until he was thirty, and then for three years he was a wandering teacher. He never wrote a book. He never held an office. He never owned a home. He never had a family. He never went to college. He never travelled, except in his infancy, more than two hundred miles from the place where he was born. He never did any of the things that usually accompany greatness.

While he was still a young man, the tide of popular opinion turned against him. His friends ran away. He was turned over to his enemies and they executed him. His executioners gambled for the only piece of property he had on earth, his robe. When he was dead, he was laid in a borrowed grave. He appeared to have achieved nothing with his life.

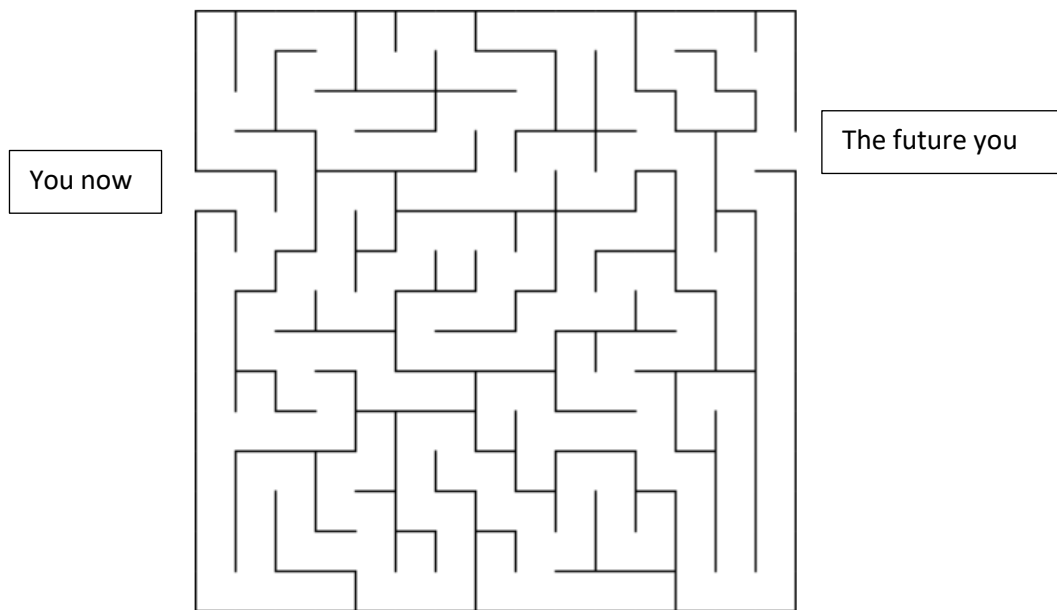
However, no army that has ever marched, no navy that was ever built, no parliament that has ever sat, no king that ever reigned, has had the impact of this one solitary person. Over twenty centuries have come and gone, and even today, millions of people can testify to the fact that that this one solitary person has transformed their life from one of abject failure to one of victory over life."

Who is this about and how does it give a different perspective of greatness from the traditional one?

Do you know anything about the characteristics of this person? What stands out the most about this person?

Task 31 - Working towards the future you

The journey to the future you described in Task 27 will take some time and a few wrong turn and dead ends – but you must keep going. Draw a line form the You now to the future you.



Workshop

As you move towards the future you, how will you know you are moving in the right direction?

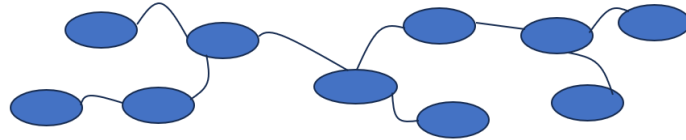
What are the biggest problems you face?

What ideas do you have on how to overcome these challenges?

What special skills do you have? How can these be put to use to overcome these challenges?

Task 32 - Mind map

A mind map is a visual tool that can be used to organise and connect your ideas or stimulate new ones and make sense of information. They usually start with the goal at the centre with related ideas branching out. Each sub-idea can be expanded upon with additional branches.

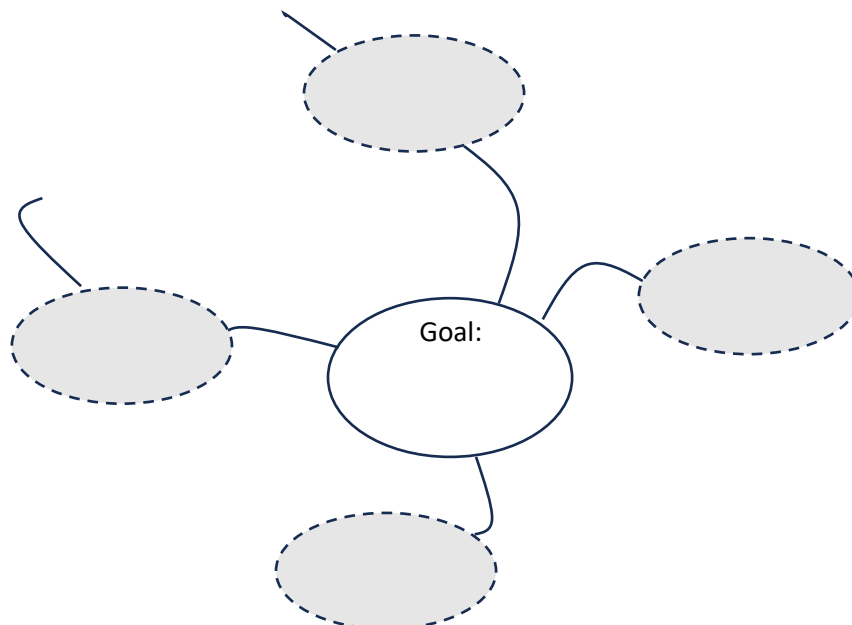


Follow the steps below:

Write one of your goals in the middle of the page.

Then draw some branches off this with anything that comes to mind on that subject. These could be steps or sub goals that are connected to this main goal. Then branch off these ideas with some additional branches that relate to these sub-goals and so on.

The idea is to brainstorm, think creatively and develop unexpected pathways. There is no right or wrong way of doing it. You might want to use a bigger piece of paper to do it properly.

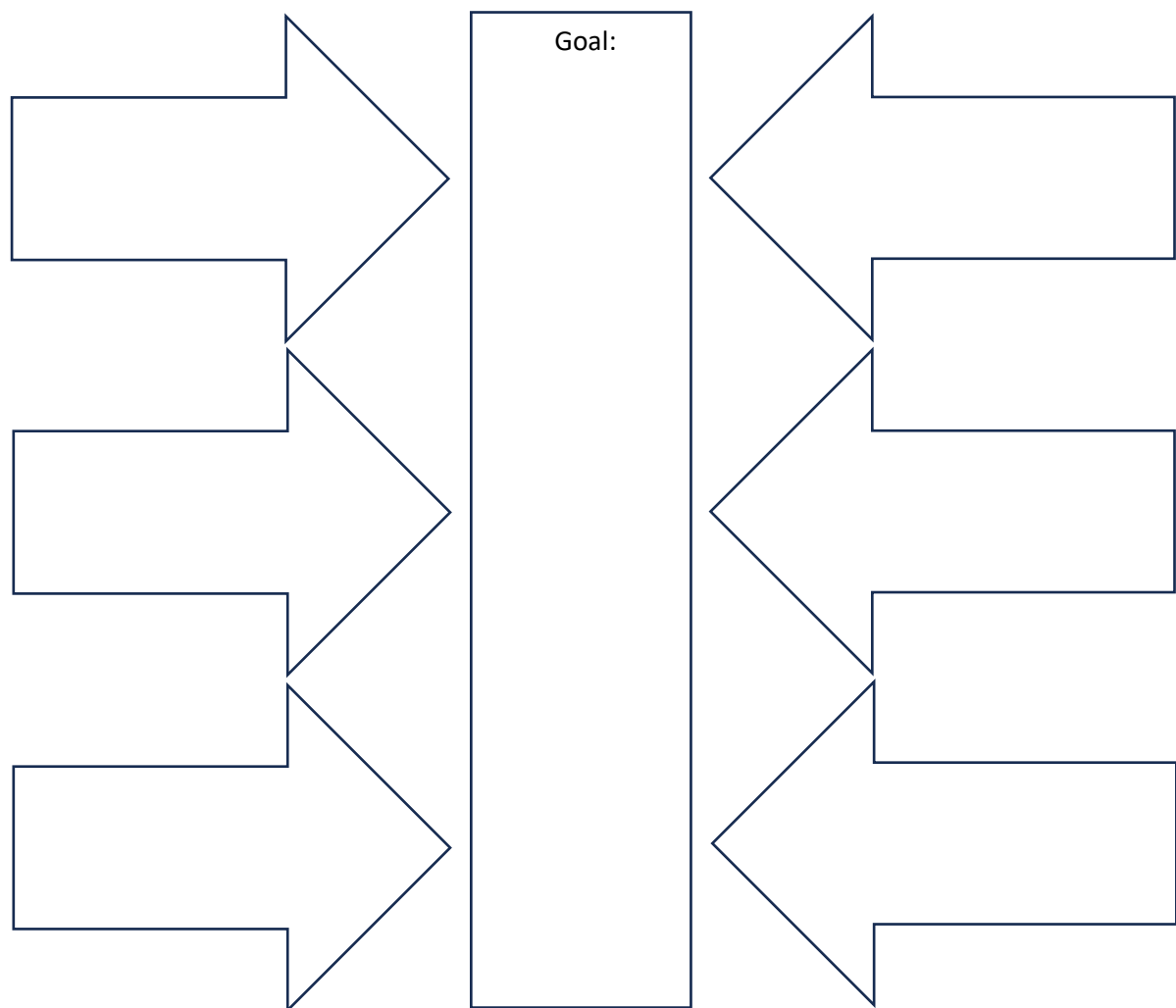


Task 33 - Lewin's force field analysis

Choose one of your goals and write it in the box below in the middle of the page.

In the arrows on the left write what will drive this forward and make it happen. Give each arrow a score out of 10 depending on its strength.

In the arrows on the right describe what counter forces that will make achieving the goal more difficult. Give each of these arrows a score out of 10.



Write in the box below what needs to be done to dial up the scores on the left and dial down the scores on the right?

Task 34 - Positive visualisation

1. Write down the top 3 things you love most in life. It could be anything – a hobby, a brand, a sport, a place, or an activity.

1.
2.
3.

2. Once you've written them down, close your eyes and take a few deep breaths. Visualise each item on your list and allow yourself to feel the joy and excitement that each one brings.
3. Now, take a look at your surroundings. Are there any items that remind you of your passions? If not, think about what you can add to your environment that will bring you joy. It could be a poster of your favourite band, a piece of sport equipment (such as a football, tennis racket or basketball) a piece of art that you love, or a plant that you enjoy taking care of.
4. Finally, make a conscious effort to surround yourself with the things that make you happy. By doing so, you'll be reminded of your passions and stay positive throughout the year.



Task 35 - Get fit

Exercising regularly can make you feel more energized and help you achieve your goals. This is because it releases happy chemicals in your brain called endorphins. Exercise can also be a healthy way to take your mind off any problems you might have at work or in your daily life.

Instructions:

1. Remind yourself of your the physical goal you wrote down at Task 3. You can change it at any point if you wish.
2. Reflect on your current habits. How often do you exercise, and what types of activities do you enjoy?

3. Learn about the benefits of regular exercise, including the release of endorphins that can boost your mood, energy, and motivation levels.
4. What are the challenges or barriers that may be preventing you from working towards your physical goal. These could include lack of time, motivation, or access to facilities.

5. Develop a plan to incorporate exercise into your daily routine. Set specific, measurable mini-goals for frequency, duration, and type of exercise, and make a schedule that works for you.
6. Choose exercises that you enjoy and that will move you towards your goal. Ideally these should fit your lifestyle, they might include walking, jogging, swimming, yoga, or group fitness classes.
7. As you begin to exercise regularly, track your progress towards your goal and notice any positive changes in your mood, energy, and overall well-being.
8. Use exercise as a healthy way to manage stress and frustration.
9. Celebrate your successes and adjust your plan as needed to maintain your motivation and continue to achieve your goal.

4 Key Tips:

Start small and gradually increase your exercise intensity and frequency.

Make exercise a priority in your daily routine by scheduling it in advance.

Choose activities that you enjoy and that fit your lifestyle.

Celebrate your successes and use them as motivation to keep going.

Task 36 - Plan tomorrow tonight



Before you go to sleep, your brain is more open to ideas. Use this time to think about what tomorrow would look like if you were living your peak self. This will help your brain get ready to work towards your dreams with more certainty. Here's an exercise you can try before going to bed:

1. Find a quiet and comfortable place to sit or lie down.
2. Take a few deep breaths to relax your body and calm your mind.
3. Imagine yourself living as your best self tomorrow. Picture yourself achieving your goals, feeling confident, and enjoying your day.
4. Try to involve all your senses in this mental picture. What would you see, hear, feel, smell, and taste in your ideal day?
5. Stay in this positive and empowering visualization for a few minutes, and let it sink into your mind.
6. Repeat a positive affirmation or mantra to reinforce this image in your subconscious. For example, "I am capable of achieving my dreams," "I am confident and successful," or "I am living my best life."
7. When you feel ready, take another deep breath and slowly open your eyes.

By doing this exercise regularly, you can train your brain to focus on your goals and aspirations, and increase your motivation and self-belief.

Carry out step 3 above now. What stands out most to you? Then try to sharpen this image before you go to sleep tonight.

Task 37 – Test your business skills



After working for several years for a friend's restaurant, Sam wants to start her own ice cream business. She is just getting started in the planning phase and has identified the following goals for the business.

- "I want customers to associate a hot sunny day with my ice creams and I want to become the most famous ice cream seller in my city."
- "I want to develop a range of ice cream products with unique flavours and premium ingredients."
- "I want to own ice cream stores and vans that operate throughout my region. I want the stores and vans to be in the best locations possible and to be known for excellent customer service."
- "I won't have a target market. I want my market to be everyone!"

Sam considers all of these goals to be as important as one another and does not know where to start.

What is good about Sam's goals?

Can you see any problems with them?

What would make Sam's goals better and what do you think she should do to start?

Task 38 - Your identity and your cause

"You are a distinctive and individual expression of a Creative Force. You are not a blueprint or a carbon copy or a ditto of anyone past, present or future. You are you and there is no one quite like you in the world." Norman Vincent Peale

Some people know early on what their cause is and who they are meant to be. The following passage is from the book of Isaiah which is an Old Testament book from the bible written around 2,700 years ago !

"The Spirit of the Lord is upon me.
Because He has anointed me to proclaim good news to the poor.
He has sent me to proclaim liberty to the captives
and recovering of sight to the blind
To set the oppressed free"

Jesus read the above words out in a synagogue and he claimed they were written about Him! The words were written 700 years before He was even born. Jesus had a clear idea about who He was and His purpose.

You might not believe this and you might not even believe that everyone has a cause and a purpose. But let's say you did. Let's say you were born for a reason and you could start to work on it now, from this very minute. What would your cause be and what could you start doing today?

Cause:

Task 39 - TV interview

Remind yourself of your cause from the previous Task. Now, imagine you are 5 years in the future and you are being interviewed on the TV about working on your cause and how it has transformed you as a person.

What would you say to the following questions:

- Why is this cause close to your heart?
- How did you get started?
- What are some of the challenges you faced along the way?
- How did you overcome these challenges?
- How would you encourage anyone else with a cause to get started?

People want to feel like they belong to a group. What can you say that will help viewers identify with this cause?

What's likely to be the most exciting or rewarding moment when someone hears about your cause? How could you make that moment feel even more special or satisfying?

What mood should the interview evoke at the end? Do you need to reassure, or celebrate, or build excitement about the future? Something else? What happens next for the audience? How can they get involved?

Make up a short quote from someone who watched this interview.



Task 40 - Write a letter to yourself

During the course of a year, we may encounter setbacks and failures that can cause us to be too hard on ourselves. It's crucial to remember that in such situations, practicing self-forgiveness is essential.

Whenever something goes wrong, it's vital to approach ourselves with love and compassion. We can do this by forgiving ourselves for our mistakes and moving forward with a positive outlook.

Exercise:

1. Take some time to reflect on a recent setback or mistake you've made.
2. Using the space below, write a letter to yourself expressing forgiveness and compassion. Be kind and understanding, acknowledging that everyone makes mistakes, and reassure yourself that you are capable of learning and growing from this experience. Then, read the letter to yourself out loud, emphasising the importance of self-forgiveness and the power of self-compassion.

Task 41 - Develop the mindset of an entrepreneur

Entrepreneurs need to stay positive in the face of challenges and disappointments. To learn how to develop this mindset use positive self-talk to influence your emotions and improve your overall well-being.

Instructions:

1. Take a few moments to think about how you are feeling right now. Are you feeling happy, sad, stressed, or anxious?
2. Notice the voice that is playing in your mind. Is it positive or negative? Is it helping or hurting your mood?
3. Choose an encouraging phrase that resonates with you, such as "I am capable of developing clear goals." "I am capable of achieving these goals" or "I am worthy of love and happiness."
4. Write the phrase in the box below:

5. Say the chosen phrase out loud with strong emotion and repeat it several times.
6. Pay attention to how you feel after repeating the phrase. Do you feel more positive, confident, or motivated?
7. Practice positive self-talk regularly throughout the day, especially when you notice negative thoughts or emotions creeping in.
8. Observe the effects of positive self-talk on your overall well-being over time.

Tips:



Choose phrases that feel authentic and meaningful to you.




Use present tense and use "I" statements.

Use strong and positive emotion while saying your phrases.

Task 42 - Work backwards

1. Write one of your professional goals in the top left-hand box below.
2. In the box to the right of the Goal box, write what would have to happen before this in order for you to succeed. This could be a week before or even a month before you succeed.
3. Then to the right of that box, write what would happen before this in order for you to succeed.
4. Keep going until you get all the way back to today.

Goal: (Complete this box first)	What would need to happen before achieving your goal for you to succeed: (Complete this box second)	
		

Today			
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5. Write a plan setting out how you can start on the first thing you need to do

Plan:

Task 43 - Think about these things

Take a few moments to read and reflect on the following verse: "Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things." Philippians 4:8

1. In the space below write an experience or situation in your life that aligns with at least one of the following qualities: true, noble, right, pure, lovely, and admirable.

2. Try and answer the following questions, writing your response in the space below:

- a) How did this experience make you feel at the time? How did it impact your mindset afterwards?

- b) What did you learn from this experience, and how can you apply it to other areas of your life?

3. Identify one thing in your daily life that you can focus on to cultivate a more positive mindset. It could be an activity, a habit, or even a particular thought pattern. Write a brief statement about why you chose this and how it can contribute to your overall well-being.

4. Finally, commit to practicing the exercise of focusing on positive and praiseworthy things for the next week. At the end of the week, spend a few minutes reflecting on how this exercise has influenced your mindset and overall outlook on life. Write a short summary of your observations and any changes you noticed.

Tasks 44 - Wordsearch - Part 2

Find the following 9 words in the word search and draw a line around them:

- Inspiration
- Vision
- Dream
- Passion
- Creativity
- Hope
- Purpose
- Imagination
- Innovation

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R I G I X M K G Q D R E A M A
H I N M B Z K W F O L D F S S
R J S A U B K F J U H T F X K
V N F G E H V J U Z E S C X W
Q X I I A X P U R P O S E Z E
L I N N P I A M J A D V V W B
K X S A O A N S W D N W I A W
R A P T L T S N T O V V S K B
B F I I H S Z S O B B G I V R
W G R O A K E N I V D R O J M
L L A N X Z V R S O A S N H Z
F Q T H D E H L B N N T R H T
D I I W V A B U F M Q B I L S
D Z O X W H O P E E M M K O E
U Z N O C R E A T I V I T Y N
```

Questions:

1. What steps can you take to cultivate a mindset of passion, hope and purpose using these words as affirmations that will help you to achieve your goals?
2. How can envisioning your desired outcomes and focusing on your vision positively impact your motivation?
3. In what ways can you incorporate imagination, creativity and innovation into your goal-setting process?
4. What are the biggest things that will inspire you to pursue your goals and keep your dreams alive? How can you keep that inspiration at the forefront of your mind during difficult times?

Task 45 - Seek to understand

“Everyone should be quick to listen, slow to speak, and slow to become angry” (James 1:19).

This verse highlights the importance for seeking first to understand before trying to be understood and doing so in a kind, patient, compassionate way.

Using the space below write down three practical steps you can take this week to apply this principle to your life. This could be anything from actively listening to someone you’ve been in conflict with, to seeking out different perspectives on an issue you care about, to finding something, however small, that you can be grateful and thankful for even in a challenging situation.

1.

2.

3.

Each morning, remind yourself of this principle. Use it as an affirmation to guide your actions throughout the day. Always listening, always being patient, always looking at the issue from the most positive perspective.

At the end of the week, reflect on your progress. How did reminding yourself of this principle and taking your action steps affect your week? Write down your thoughts and any changes you noticed.

Remember, this exercise is personal and confidential. You can choose to share your insights with others if you wish, but the main task is to deepen your own understanding of a situation and give you a new perspective on a problem you are struggling with.

Task 46 - Ten quotes

Exercise 4

Norman Vincent Peale was a famous American minister and author who popularized the concept of positive thinking and its practical applications. Here are some of his famous affirmations. Please read them through and circle your favourite one. Then learn it:

1. "Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers, you cannot be successful or happy."
2. "Change your thoughts and you change your world."
3. "The more you lose yourself in something bigger than yourself, the more energy you will have."
4. "If you want things to be different, perhaps the answer is to become different yourself."
5. "Action is a great restorer and builder of confidence. Inaction is not only the result, but the cause, of fear."
6. "Formulate and stamp indelibly on your mind a mental picture of yourself as succeeding. Hold this picture tenaciously. Never permit it to fade. Your mind will seek to develop the picture."
7. "Any fact facing us is not as important as our attitude toward it, for that determines our success or failure."
8. "Every problem has in it the seeds of its own solution. If you don't have any problems, you don't get any seeds."
9. "When you become detached mentally from yourself and concentrate on helping other people with their difficulties, you will be able to you will be able to cope with your own more effectively. Somehow, the act of self-giving is a personal power-releasing factor."
10. "Enthusiasm makes ordinary people extraordinary."

Why did you choose this particular quote as your favourite? How will it motivate you to pursue your goal(s)?

Tip

If you like these quotes, consider reading "The Power of Positive Thinking" by Norman Vincent Peale

Task 47 - Weekly review

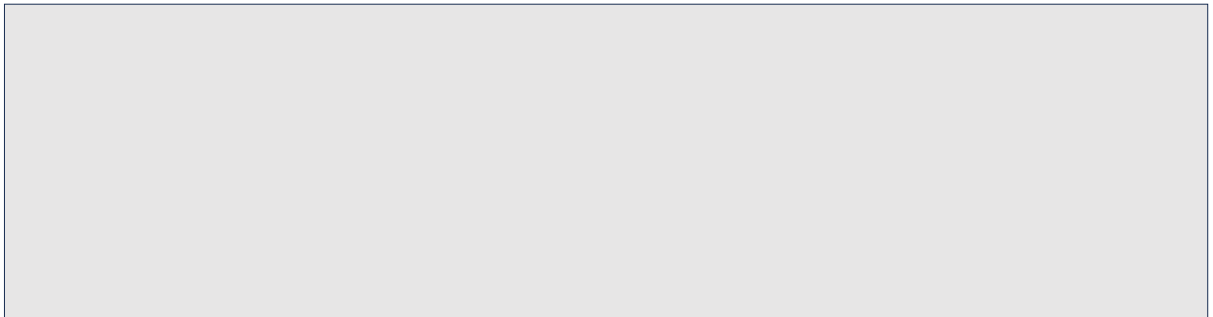
1. What were your biggest accomplishments this week?
2. What challenges did you face and how did you overcome them?
3. What did you learn this week that you didn't know before?
4. Did you reach all of your goals this week? If not, why?
5. What could you have done better this week?
6. What tasks did you put off and why?
7. What tasks did you complete that you enjoyed the most?
8. Did you have any notable interactions with anyone or this week? If so, what were they?
9. What adjustments or changes can you make to improve your productivity? next week?
10. What goals do you have for next week and how do they align with your overall objectives?

Task 48 – Your faith affirming statement

To develop a positive mindset and look at a challenge in a new way you should develop a list of positive affirmations that reaffirm your belief in your ability to overcome the challenge. For example:

- "I am strong, and I have the resilience to face any obstacle."
- "I trust that I have the inner resources to find solutions and overcome difficulties."
- "I have overcome challenges before, and I know I can do it again."

1. Write out at least two positive affirmations in the space provided below. These could be affirmations you have created yourself or, if you are out of ideas at the moment, you could just copy the above statements into the space provided below:



2. Every day, preferably in the morning or before facing the challenge, repeat these affirmations aloud or silently. Say them with conviction and belief in their truth. As you say the affirmations, try to visualise yourself successfully navigating the challenging situation. Picture yourself feeling confident, strong, and resilient.
3. Keep a journal to document your thoughts, feelings, and any changes you notice in your perspective or outlook throughout the exercise.
4. Whenever negative or self-doubting thoughts arise, consciously replace them with the positive affirmations. Challenge any negative thinking patterns and remind yourself of your strengths.
5. Share your affirmations with your mentor and celebrate your progress. As you make progress in facing the challenging situation, celebrate your achievements, no matter how small. Recognise that every step forward reinforces your faith in your ability to endure and overcome.

Task 49 – 10 Interesting questions

Give some thought to the following questions and, if possible, discuss the most interesting ones with a friend or with your mentor.

1. If you had to choose one creative way that would help you to express yourself, whether through art, writing, music, dance, sport or any other form of self-expression what would it be?
2. If fear were not a factor, what daring goal or adventure would you pursue in your life right now?
3. If you could spend a day with any fictional character, who would it be, and what adventures would you have together?
4. If you could go anywhere in the world, where would it be?
5. If you could collaborate with any famous artist, musician, or writer, who would it be, and what kind of creative project would you work on together?
6. If you could wake up tomorrow having gained a new quality or ability, what would it be?
7. Given the choice of anyone in the world, whom would you want as a dinner guest?
8. If you had unlimited resources and time, what meaningful project or cause would you pursue to make the world a better place?
9. If you could be the best in the world at something, what would it be?
10. If you could travel back in time to any historical event, which one would you choose to witness, and why?

Which of the above questions are the most interesting to you and why?

Task 50 – Breakdown a problem

Breaking a problem into smaller pieces will allow you to focus on finding solutions. It's important to be proactive and think of ways to tackle the smaller parts of the problem.

Instructions:

1. Think about a big problem you are currently facing that is causing you stress and write down the problem in a clear and concise statement in the space below:

2. Identify the different aspects of the problem that you can control or influence.
3. Break down the problem into smaller pieces by listing the specific tasks or actions that need to be taken to address each aspect. Then prioritise these smaller tasks or actions based on importance and urgency.

4. Write out a plan of action for tackling each smaller piece of the problem, including timelines and specific steps.

5. Take action on the first task or action on your list, and then move on to the next one once you have completed it.
6. As you work through the smaller pieces of the problem and evaluate your progress.
7. Celebrate your successes along the way and acknowledge your progress towards a solution.

Tips: Focus on the smaller, more manageable pieces of the problem rather than the overall enormity of the problem. Be proactive and take action on each task in a timely manner. Stay organized by using a planner to track your progress. Ask for help if needed from friends, family, colleagues, or support network.

Task 51 – Develop some great habits

Write out some activities you would like to perform that will move you closer to one or more of your goals. Then specify the goal it will move you closer to. This could be your primary goal or your Physical, Professional, Mind and Spirit goal.

Everyday, I would like to:

This will help me with my

goal

By the end of this week, I would like to have:

This will help me with my

goal

By the end of this month, I would like to have:

This will help me with my

goal

Within 4 months, I would like to have:

This will help me with my

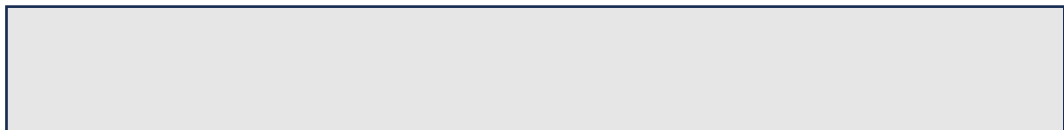
goal

Task 52 - Contract with yourself

If you have found this workbook helpful and if you would like to continue on your journey, please read the following out loud and sign in the space provided below.

I know that it's up to me if I succeed or fail at reaching my goals. I know I can't control everything but I can do my bit by being proactive, creative, and persistent. Right now, I'm taking on these responsibilities:

- **I'll set goals and work hard to achieve them, even if there are obstacles.**
- **I'll actively seek out encouragement and information that will help me succeed from different people and different sources.**
- **I'll think about the long-term outcomes of my actions and set goals accordingly.**
- **I learned the skills needed to fulfil these responsibilities during this training. I know it'll take effort and I'll face challenges, but I won't give up. If I keep trying, eventually I'll see results.**





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