

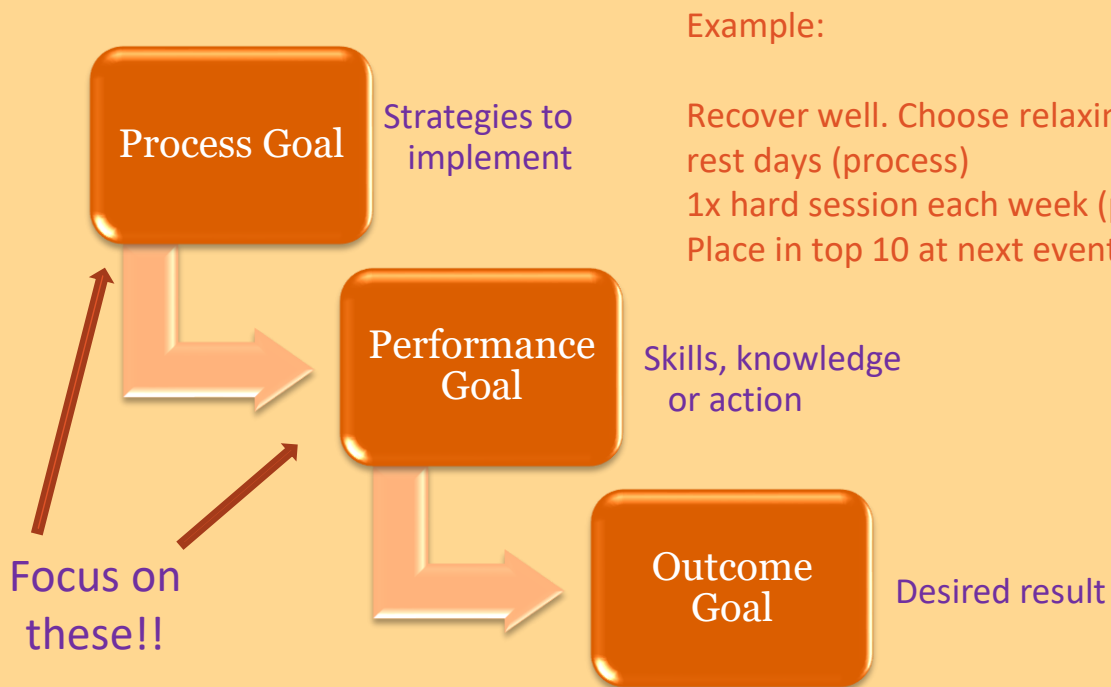


## Why Use Goal Setting?

Goal setting can be useful for all aspects of life:-

- Keeps motivation high
- Gives you focus and direction
- Helps to improve performance

## What types of goals should I set?



You have more control over process and performance goals

## Tips for effective goal setting

- Write down your goals
- Set challenging yet realistic goals
- Share your goals with others
- Review and adapt your goals when required

