

TURBO

Session 1:

The Importance of Setting Targets And Having Positive Things To Look Forward To In Your Life

Your task for this session is to set some targets that inspire you.

What would you do if you knew it was impossible to fail?

Write a list of everything you would like to have, do and experience in your entire life.

Remember to put some uplifting music on in the background while you do this task.

Take your time and make sure you write down absolutely everything you want in every area of your life, including:

- **Hobbies and activities you'd like to try**
- **Places you'd like to visit and adventures you'd like to go on**
- **Things you'd like to learn and skills you'd like to master**
- **Grades you'd like to achieve in school**
- **Your health goals**
- **People you'd like to meet**
- **Goals you'd like to achieve with your family and/or friends**
- **Your career and financial goals**
- **Goals for your home and materialistic things you'd like to own**
- **Plus things you'd like to do for charity and your community**

After you've listed all of your targets on the next page, put a number next to each target to represent how many years into the future you want to achieve each target (1 year, 3 years, 5 years, or 10+ years).

The A to Z of Goal Setting

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