

EXERCISE: MY GOALS FOR THE LIFE SKILLS COURSE.

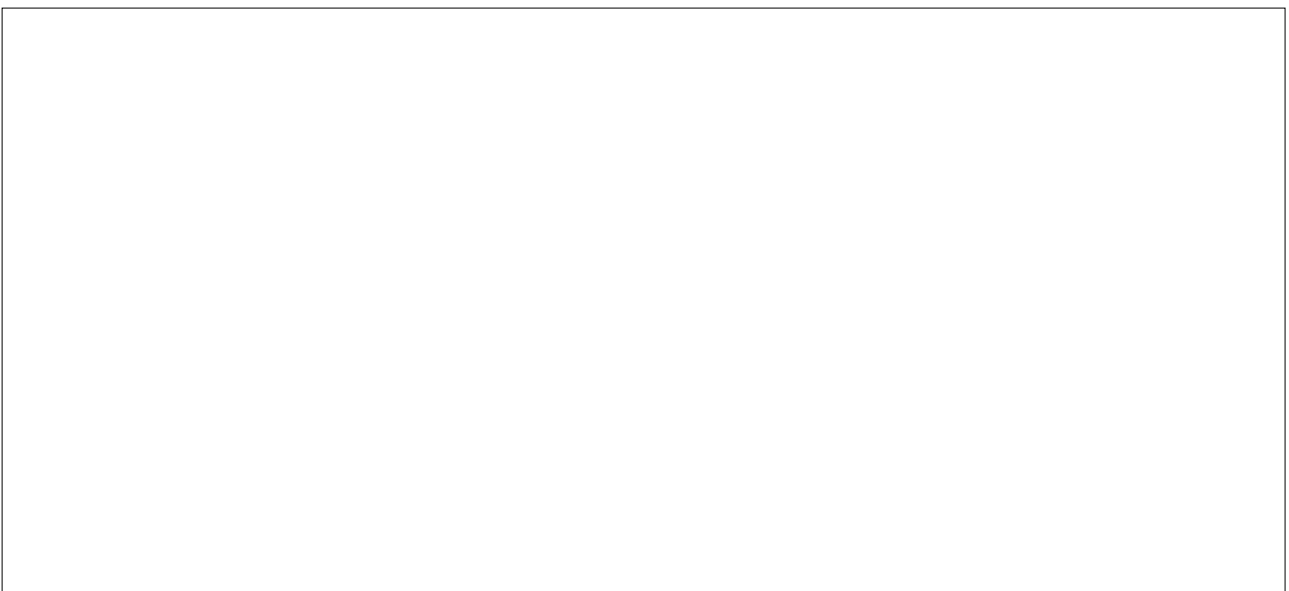
1. THINK AND WRITE DOWN WHAT BROUGHT YOU TO READ THE LIFE SKILLS MATERIAL.



2. WRITE DOWN YOUR OWN GOALS FOR THE COURSE.

What would you like to change in your everyday life and life in general? Remember that your goals might change during the course when you get new ideas and ponder things.

This is completely fine.



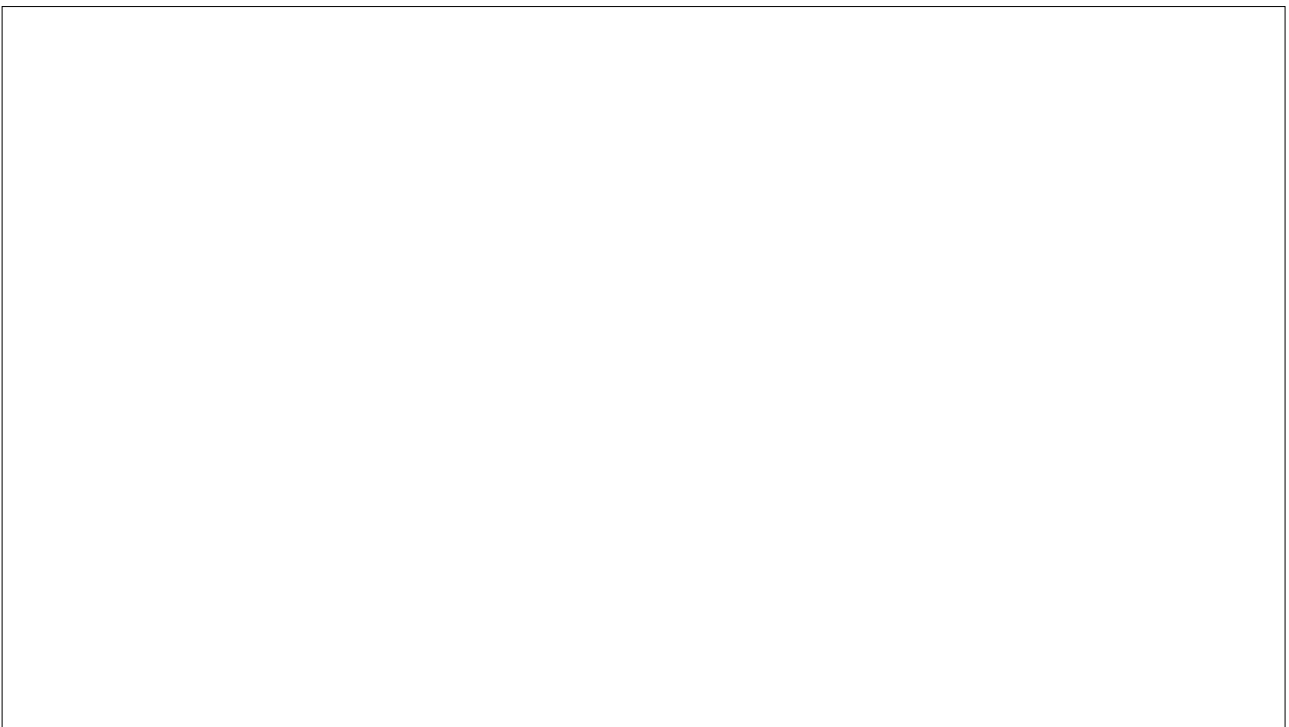
3. THINK WHAT THE GOALS MEAN TO YOU.

Why are they important?

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4. WRITE DOWN HOW YOU WILL WORK TOWARDS YOUR GOALS.

You can make a deal about how much time you will spend working with life skills course and how thoroughly you make the exercises. You can define how much you're willing to put energy to committing to your goals.

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