Personal Goal

**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Step 1: Personal goal (at the start of the programme)

What is your personal goal? Draw or write it here:

Step 2: Reflection on personal goal (at the end of the programme)

**Mark on the form how close you feel to your goal now. Also think about why you feel this way.**



I have not yet I have partly I have reached my goal

achieved my goal achieved my goal

**How did the sessions help you reach your goal?**

**What part of your goal did you not (yet) achieve?**

Write or draw here: