



Goal-Oriented “Focused”

*STAYING ON TASK AND DOING WHAT NEEDS TO BE
DONE TO FINISH SOMETHING*

Questions I ask myself:

- What do I want to achieve?
- How can I make the most of my time and skills?
- What can I do to move closer to my goal?
- What is a good first step?
- How can I tell if I am reaching my goal?



Goal-Oriented

What I Do and Say:

- Make smaller goals to help me reach my big goal
- Write down step-by-step what I need to do
- Set aside time to think carefully about things and understand them better
- “Because of my strength, I will achieve.”

What I Don't Do and Say:

- Give up
- Use time and energy on things that don't help
- “I'll do that sometime later.”

