



Make and review your goals by ensuring you are calling on the right strength at the right time

Name: _____

My realised strengths		My unrealised strengths	
1.		1.	
2.		2.	
3.		3.	
4.		4.	
5.		5.	
6.		6.	
7.		7.	

Goal	Achieving this goal looks like...	Date to achieve by
#1		
#2		
#3		



Date:

Goal #	Achieving your goal
Which realised strengths will help you towards your goal?	
Which unrealised strengths will help you towards your goal?	
How will you develop this strength further or get the experience you require?	
Which weaknesses may hold you back? What will you do to overcome them?	
What actions can you take towards the next step of achieving this goal?	

Date:

Goal #	Reviewing your goal
Which realised and unrealised strengths have helped you to date in working towards this goal?	
Which realised or unrealised strengths might it be useful to also draw on?	
Are there any realised strengths you might need to dial down to achieve a better result?	
Are there any weaknesses that have brought any challenges to your progress?	
What's the next step?	