

Staff Wellbeing

Goals

How Can You Turn Your Dreams into Reality?

Step 1: Identify a dream that you would like to achieve. Be really clear in your mind about how this looks and spend some time visualising this as a reality.

Step 2: Set a date for when you would like the dream to be achieved. By setting a date, your dream becomes a goal.

Step 6: Achieve your overall goal and realise that this has become your reality.

Step 3: Break the goal down into actionable steps to be achieved. By doing this, you will have created an action plan for achieving your goal.

Step 5: Spend some time reflecting on the overall progress that you are making towards your final goal. Focus on even the small changes or achievements to recognise the impact these have on the overall goal progress.

Step 4: Create daily habits or changes which build towards achieving the steps on your action plan. This might involve breaking down each action further into smaller steps to make it part of day-to-day life.

“A goal without a plan is just a wish.”

Antoine de Saint-Exupery



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