**Activity 6.2 Thinking about my goals: factors that might help or hinder me**

*We suggest spending around 20 minutes on this activity.*

Use the table below to list your goals and the factors that might help or hinder you in achieving them.

You will need the notes you made for Activity 6.1 about your goals. Write these in the first box; then list the factors that will help you and those that might give you difficulties as you try to achieve your goals.

In the first column you could include, for example, whether you:

* are well organised
* have time available
* communicate well
* have enthusiasm.

In the second column, as well as your caring responsibilities you might include:

* financial issues
* time constraints
* transport difficulties
* qualification gaps or no qualifications.

|  |
| --- |
| **My goals** |
| Write your comments here. |
| **Factors that will help me to achieve them** | **Factors that might give me difficulties** |
| Write your comments here. | Write your comments here. |