## Activity 7.1 My long-term goal and first ‘next step’

*We suggest spending around 15 minutes on this activity.*

Fill in this table, thinking about where you are trying to get to. Think very carefully about what you need to do to get there, starting from now and where you are at the moment. It may help to think back to some of the previous activities that you completed on your past experiences, skills and qualities, difficulties and people who could help you.

|  |  |  |
| --- | --- | --- |
| **My long-term goal** | | |
| Write your comments here. | | |
| **What I am going to do** | **Where I will go for help or advice** | **When I will do this** |
| Write your comments here. | Write your comments here. | Write your comments here. |
| **The first step I am going to take will be to …** | | |
| Write your comments here. | | |

When you have completed the table, you will use this information in a sentence overleaf.

Look back at the ‘My long-term goal’ section of the table and use the space here to write a sentence starting:

|  |
| --- |
| **The first step I am going to take …** |
| Write your comments here. |