



# Exercise 5

What helps to achieve a goal?

**To make it easier for you to get what you wanted:**

- Meet people who support you in achieving your goals.

Who are they?

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- Don't get discouraged after hearing criticism; take it as a tip.

What do you hear?

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- Remember what you have already achieved and become aware of how far you are from the starting line.

What have you been able to achieve so far?

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- Be consistent - it is very important to stubbornly, regardless of the circumstances, carry out activities that bring you closer to your goal.

When can you start?

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signs of the island being



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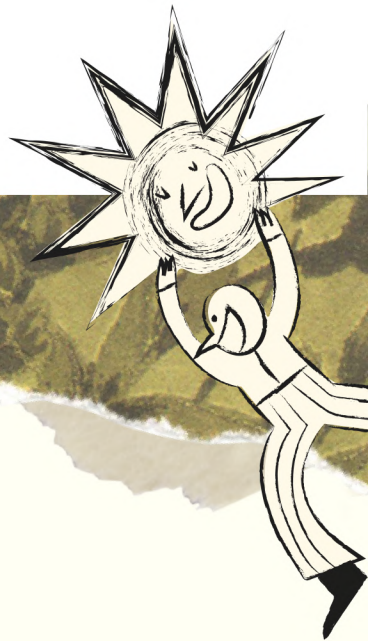


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# Exercise 5

What helps to achieve a goal?

- Plan! It is important that you know what and when to do to achieve your goals. Use planners, notebooks, calendars. They will certainly help you organise your plans and make you take the next steps leading to your goal on time.

Buy a notebook, planner, calendar or download a free app for your smartphone.

Have you got yourself an organiser?

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What have you planned?

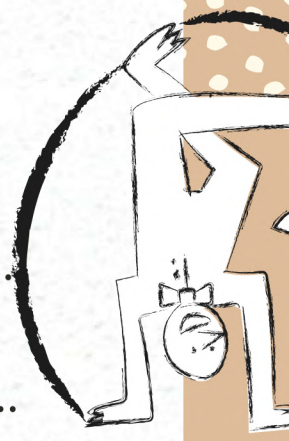
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