## My weekly goals



Have a think about the reflective questions below. Then, set yourself a goal for the week.



Your goal needs to be realistic, so you can actually achieve it and benefit from it.

Your goal has to be something you want to do. Think about why you are motivated to achieve it.

Your goal needs to have a deadline and a way to track progress.

## Reflective questions

- 1. How have I found this past week and what am I thankful for?
- 2. What new skill or knowledge have I learned recently?
- 3. What change would I like to see in my life?
- 4. What step can I take towards that change this week?

Weekly goal				
This week I will				

## *Homework* My spending diary

In the next session, we'll be looking at ways to make our money go further. Before then, take some time to fill in this spending diary. Include as many items as you can, from your morning coffee to larger purchases like clothes and the weekly food shop. It's also worth thinking about whether each item is a need or a want.



Complete the table below.

Day	What did I buy?	Cost?	Need or want?