



Outline above the goal you wish to set this week. The goal must be **specific, realistic, measurable, achievable, challenging and time bound**. The goal maybe set across all subjects/ activities in the school.

**Reflection:**

What did I do to achieve the goal?	What difficulties did I encounter?
What could I do differently?	How did I overcome the difficulty?

Signed \_\_\_\_\_

Date \_\_\_\_\_