

# GOAL SELECTION



**Indicator of Thriving I'm working on:**

**My Thriving Goal is:**

*This goal is:*

Very meaningful to me	Realistic and demanding
-----------------------	-------------------------

**Describe what success looks like if you achieve your goal. What will you see, and what will you feel?**

**Actions you will take to achieve your goal:**

- 
- 
- 

**Applying a growth Mindset, what are one or two challenges you can expect to face? How can you creatively respond?**

**What strengths and resources will you use to work towards your goal?**