aptitude
EDUCATION FOR REAL LIFE

FROM GOAL TO ACTION WORKSHEET

GOAL	STEPS TO ACHIEVE IT
WHAT WOULD YOU LIKE TO BE ABLE TO DO? Write one specific skill or capability	
WHY DOES IT MATTER? Describe where this skill will help you at work or in life.	
WHAT DOES PROGRESS LOOK LIKE? Choose an observable action that shows you are improving and try it.	
WHO OR WHAT CAN SUPPORT YOU? List a person, resource, or learning opportunity.	
PRACTICE, REFLECT, AND ADJUST. Pick one manageable activity and try it. What worked, and what will you do differently next time?	