


Set your learning goals

Fill in up to four sets of learning goals for Formal and Informal learning. Pin these sheets somewhere where you'll see them every day and tick each goal off as you achieve it. Once you've filled each page with ticks, print them out again and repeat the exercise with a whole new set of learning goals!

	More of...	Less of...	Keep the same
Example Formal learning	My Thursday night French course at the local college.	Getting stressed by coursework deadlines – I'll start it earlier!	Additional speaking practice – I think I'm really improving. 
Formal learning 1			
Formal learning 2			
Formal learning 3			
Formal learning 4			

	More of...	Less of...	Keep the same
Example Informal learning	Volunteering at the RSPCA charity shop.	Saying yes to every request to help. 	The number of volunteer shop hours – I feel that I'm doing my bit, but it's not too much.
Informal learning 1			
Informal learning 2			
Informal learning 3			
Informal learning 4			