



My Action Plan

What I want to achieve?

By when?

Obstacles

How can I overcome the obstacles?



Part 2: Now let's turn this PLAN into ACTION!

To do this you need to look at 2 important areas: Your **motivation** and **self-esteem**.

- *What are the qualities of people who are motivated?* -

- *Optimism and a good attitude* -

What motivates you?