



NAME	
DATE	

List your top 4 under each of the headings.

4	Favourite people	4	Things that make me happy	4	Things I want to get better at	4	Things that annoy me
1.		1.		1.		1.	
2.		2.		2.		2.	
3.		3.		3.		3.	
4.		4.		4.		4.	

4	Things I like	4	Things I want to learn	4	Things I always get wrong	4	Amazing things
1.		1.		1.		1.	
2.		2.		2.		2.	
3.		3.		3.		3.	
4.		4.		4.		4.	

4	Things I'm good at	4	Favourite songs/ artists/bands	4	Things I always get right	4	People I admire
1.		1.		1.		1.	
2.		2.		2.		2.	
3.		3.		3.		3.	
4.		4.		4.		4.	





NAME	
DATE	
CHALLENGE	

WHAT, WHY, WHEN, WHERE, WHO AND HOW

WHAT is your personal target?	
WHY is this a good target for you?	
WHEN will you begin working on the target?	
WHERE will you work on the target?	
WHO will help you?	
HOW will you reach the target?	





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CHALLENGE	



Decide on a personal **TARGET** and say something about it.
You can write, draw or attach photos to explain.



WHAT is my target?



HOW will I reach my target?



WHERE will I work on my target?



WHO will help me reach my target?



WHEN will I reach my target?



WHY is this target important to me?



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CHALLENGE	



List your personal **TARGETS**, say what you will need to do to reach each target and how you will benefit from working towards each target.

TARGET	ACTION	BENEFIT

TARGET	ACTION	BENEFIT

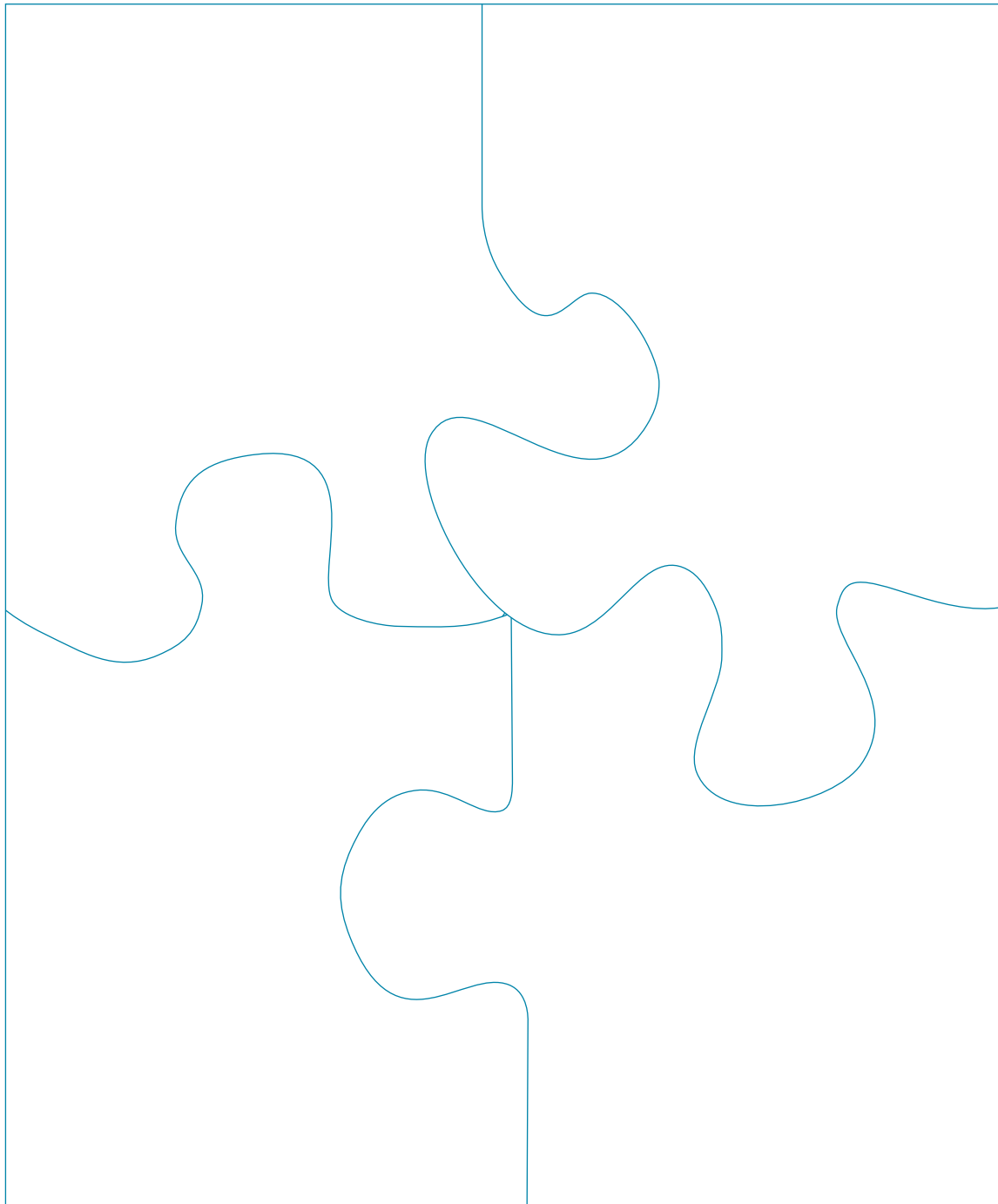
TARGET	ACTION	BENEFIT

TARGET	ACTION	BENEFIT



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List the things you plan to do or achieve when completing your challenge.
Write, draw or stick photos on the jigsaw pieces to explain these.





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CHALLENGE	

Think about the questions below and write your answers in the puzzle pieces.

<p>Why do you want to do this challenge?</p>	<p>What concerns or worries you about doing on this challenge?</p>
<p>What do you hope to learn or to be able to do by the end of this challenge?</p>	<p>What difference will completing the challenge make to you?</p>





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CHALLENGE	

List your personal TARGETS. Describe each target by drawing, attaching a photo or writing about them. You can use more than one method to describe targets e.g. you can draw and write.

TARGET

LOOKS LIKE:

AND/
OR

SOUNDS LIKE:



Photo or drawing

Write here:

TARGET

LOOKS LIKE:

AND/
OR

SOUNDS LIKE:



Photo or drawing

Write here:



NAME	
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CHALLENGE	



MY TARGET CARD



Description, photo or drawing

Large empty rectangular area for writing a description, photo, or drawing.

NAME:



MY TARGET CARD



Description, photo or drawing

Large empty rectangular area for writing a description, photo, or drawing.

NAME:




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MY TARGET CARD

photo or drawing

My target:
(Description)




NAME:



MY TARGET CARD

photo or drawing

My target:
(Description)



NAME:



NAME	
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**I would like
to get
better at...**



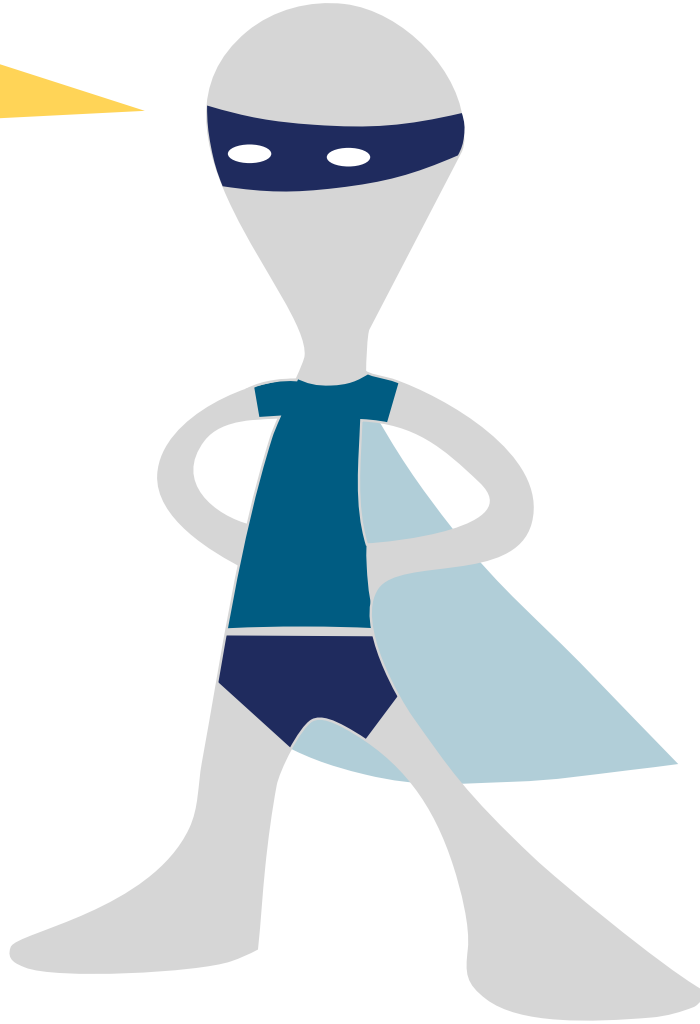
List all the things you would like to get better at:





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I am good at...



List all the things you are good at:





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CHALLENGE	

What is your personal target? *(This could be something you want to get better at, learn, take responsibility for, be able to do or stop doing.)*

What will you need to do to reach your target?

How will you know when you have reached your target?

What might stop you reaching your target?

What will help you to reach your target?

Who might help you reach your target?





NAME	
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Say a little about yourself. To help you get started here are a few headings.
Write a sentence or two next to each (if applicable).





NAME	
DATE	



PHOTO

ABOUT ME:

.....

.....

.....

.....

If I had three wishes they would be:

1	2	3
---	---	---

Likes & dislikes...

Hopes & dreams...

Things I find difficult...

Things I find easy...





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CHALLENGE	

	What are the skills, knowledge or abilities you will need to achieve this target?	What are your current level of these skills, knowledge or abilities?	What (if any) training will help you acquire these skills, knowledge or abilities?	How will you use these skills, knowledge or abilities within your challenge?	How will you know that you have achieved this target?	How will you show (evidence) that you have achieved this target?
TARGET 1						
TARGET 2						
TARGET 3						
TARGET 4						





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Transferable skills – where I think I am today.

Score yourself on these skills. The higher the score the better you rate yourself.

Planning	1	2	3	4	5	6	7	8	9	10
Organising	1	2	3	4	5	6	7	8	9	10
Participating	1	2	3	4	5	6	7	8	9	10
Trusting others	1	2	3	4	5	6	7	8	9	10
Communication	1	2	3	4	5	6	7	8	9	10
Teamwork	1	2	3	4	5	6	7	8	9	10
Confidence	1	2	3	4	5	6	7	8	9	10
Independence	1	2	3	4	5	6	7	8	9	10
Taking responsibility	1	2	3	4	5	6	7	8	9	10
Problem solving	1	2	3	4	5	6	7	8	9	10
Patience	1	2	3	4	5	6	7	8	9	10
Supporting others	1	2	3	4	5	6	7	8	9	10
Effort	1	2	3	4	5	6	7	8	9	10
Listening to others	1	2	3	4	5	6	7	8	9	10
Commitment	1	2	3	4	5	6	7	8	9	10
Timekeeping	1	2	3	4	5	6	7	8	9	10

Give examples of how you might use or improve some of these skills in your challenge.





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Rate how good you are in each category by marking the string of the balloon.
The closer to the balloon the stronger you are!





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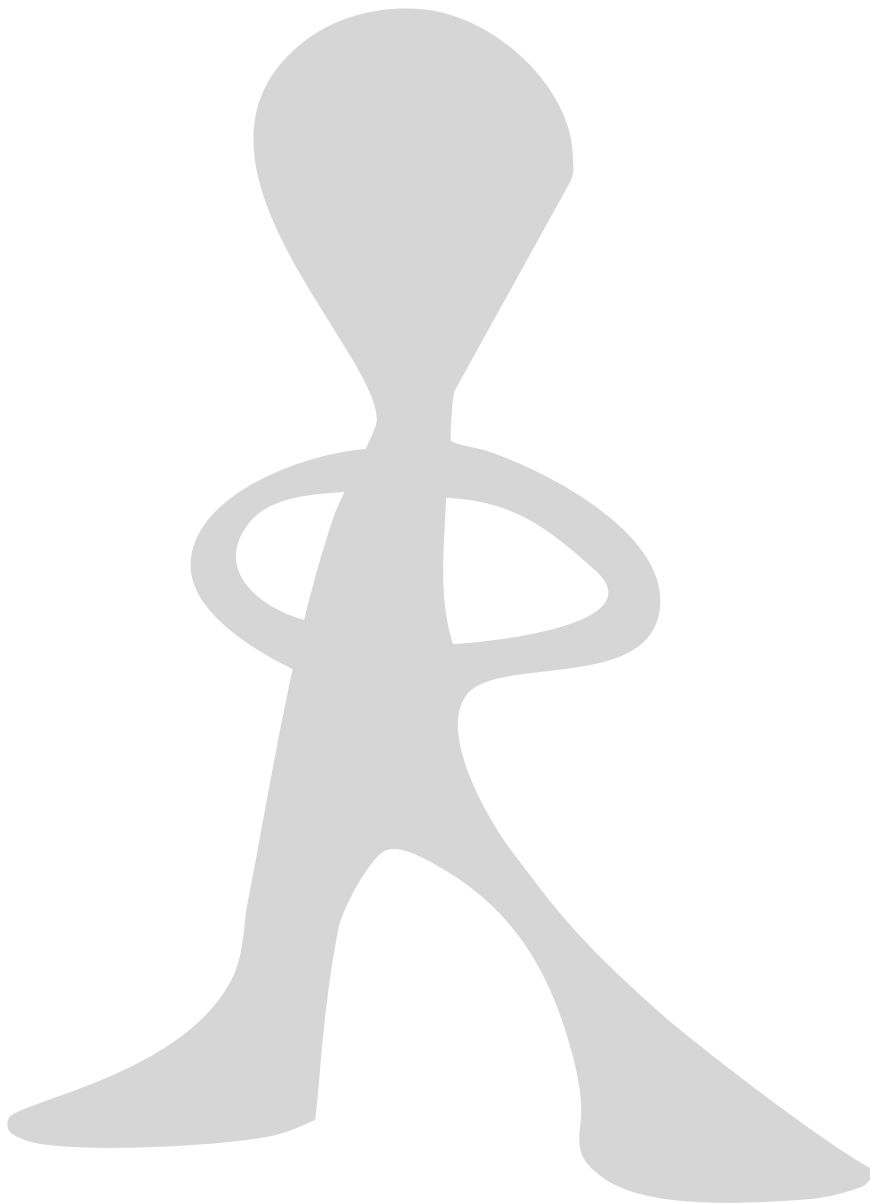
Rate how good you are in each of the categories by marking an 'X' or sticking a dot on the spoke of the wheel. The closer you are to the hub (middle), the weaker you are; further away, the better you are.





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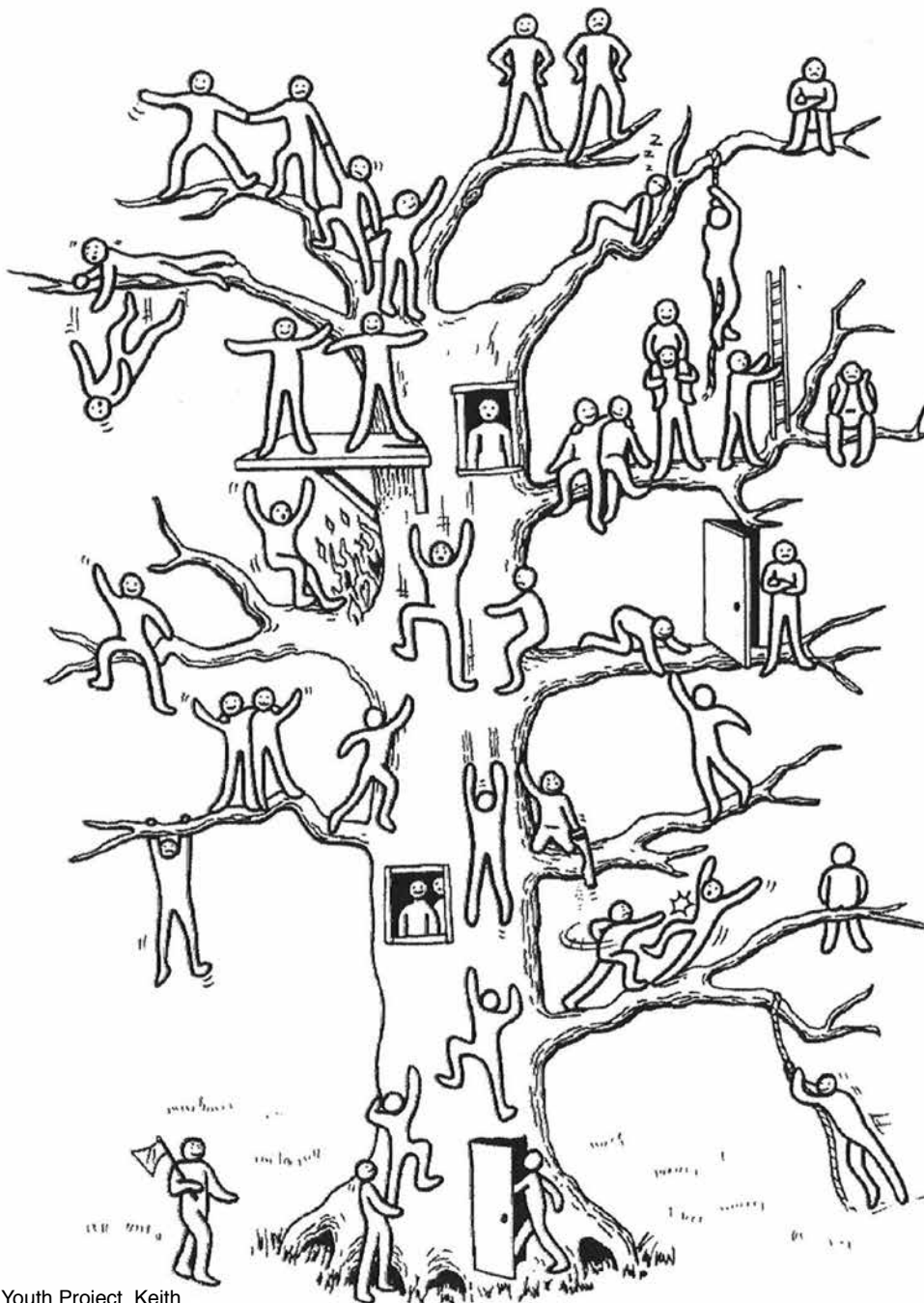
Personalise the portrait for yourself. Be as creative as you like and draw/create as many pictures as you think represents the stage you are currently at in your life e.g. what is important to you, your skills, hobbies, friends, family, future plans etc.





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Which one of these characters are you?



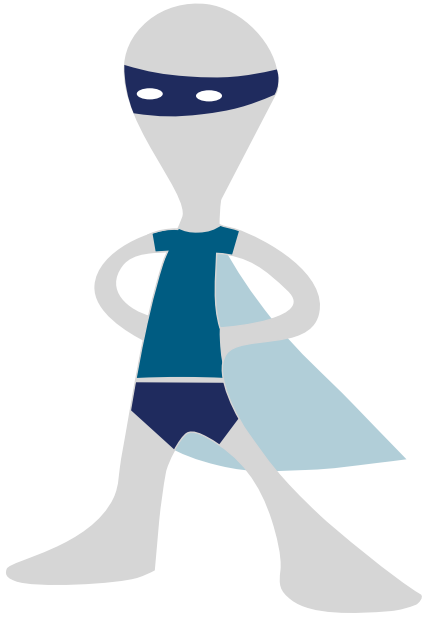
Provided by Loft Youth Project, Keith





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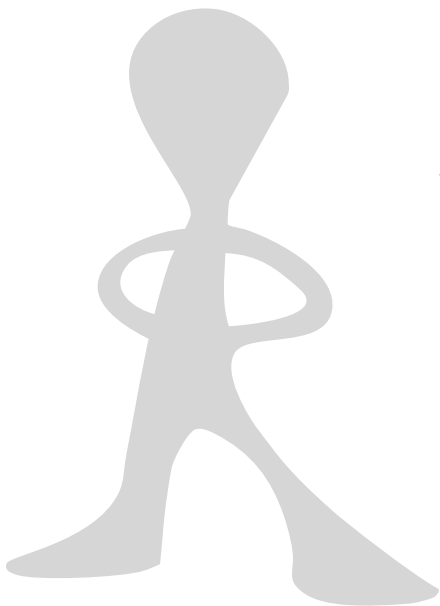
Super human - List the things that you are good at:



I am good at...

-
-
-
-
-
-
-

Ordinary mortal - List the things you would like to get better at:



I would like to get better at...

-
-
-
-
-
-
-