

Managing Worries, Fears and Anxieties

	My priorities	How much time I give this priority
1		
2		
3		
4		
5		
6		
7		

Goal Setting

Now you have a ‘snap shot’ of your strengths, needs and priorities you can use this knowledge for planning. It’s time to focus on your immediate and long-term goals to make sure that they are realistic, given what you know about your general characteristics, priorities and responsibilities. When revising your plans you have to take into account your *responsibilities* because you have to plan realistically. You might not enjoy aspects of your tasks but you can’t ignore them – children and