



## **Life Planning & Goal Setting**

The aim of our life planning and goal setting training course materials is to help participants focus on what matters to them in life and achieve positive change. This course is structured into six parts, which correspond to the learning objectives and to the six steps of the life planning process.

As part of this process, the participants are encouraged to channel and focus their ideas gradually from the stage at which they are just dreams, to narrowing down their dreams and targeting specific areas of life, setting SMARTER goals, planning their schedule, motivating themselves into action and finally reviewing the outcomes of their actions.

### **Topics That Will Be Covered to Include:**

- Analyzing What Drives You in Life
- Narrowing Your Focus
- Goals Setting
- Devising a Plan
- Action and Motivation
- Checking, Reviewing and Updating Your Plans

### ***Learning Objectives:***

- Analyze what drives and motivates them in life.
  - Focus on areas of their life that they want to develop.
  - Set powerful goals.
  - Devise a plan to achieve their goals.
  - Identify strategies to put their plan into action.
  - Monitor, review, and revise their plan.
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