

Personal Development: My sessions, my challenges or Self-Targets *(Specific, measurable, attainable, relevant & time based)*

List below each session of your course & record what you did in that session. In the 'Comment' column put whether it was a good or bad session & why. (Was it hard etc.?)

If you set a challenge or self-target please list it in the 'My Targets' column. You can complete the Result & Comment column (to how the challenge was & how you feel now) after discussing with your Worker. If negative then try setting a different target.

"You can add other self-targets to the table yourself if you wish, & remember to continue setting yourself targets after the course to achieve the best you"

Session	My issue / challenge	My Target(s)	Comment	Outcome Staff