

## Goal setting

### Activity sheet 1-7

**Use the awareness you have gained in this session to identify what knowledge and skills you want to improve during this workshop series.**

Look back at what you wrote on Activity Sheet 1-5, Rate your financial knowledge.

- Did it reveal any knowledge gaps or areas for improvement?
- Is there a specific money topic that you would like to know more about?
- Do you have any beliefs about money, or behaviours with money, that you want to change?

Remember to make your goals:

**S**pecific

**M**easurable

**A**chievable

**R**ealistic

**T**ime-bound

1. Things I want to learn more about in this workshop series:

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2. Things I will do to make sure that I get the most from these workshops:

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