

ASPIRATION

To be ready to take on the world you need to be ambitious
and to aspire to great things



BRETTON

UNIT 4

STUDENT WORKBOOK



Name:

Form:

Date:

SECTION 1: SETTING ASPIRATIONAL GOALS

In this section you need to identify your personal goals to help you become the best version of yourself.

Task 1: My Big Vision

What does 'being the best you can be' mean to you?

What is your long-term vision? Imagine your future possibilities

What is your vision for this year?

Task 2: Smart Goals

(Setting Specific, Measurable, Achievable, Relevant, Time-bound goals)

What are your academic goals?

What are your personal development goals?

What are your wellbeing goals?

SECTION 2: MONTHLY TRACKING MILESTONES

In this section you need to monitor the progress of your goals over time

TERM 1	Date: Weekly Goals:..... Challenges: Successes: Next Steps:
	Date: Monthly Goals:..... Challenges: Successes: Next Steps:
	Date: Termly Goals:..... Challenges: Successes: Next Steps:
TERM 2	Date: Weekly Goals:..... Challenges: Successes: Next Steps:
	Date: Monthly Goals:..... Challenges: Successes: Next Steps:
	Date: Termly Goals:..... Challenges: Successes: Next Steps:
TERM 3	Date: Weekly Goals:..... Challenges: Successes: Next Steps:
	Date: Monthly Goals:..... Challenges: Successes: Next Steps:
	Date: Termly Goals:..... Challenges: Successes: Next Steps:

SECTION 3: REFLECTION AND CELEBRATION

In this section you need to reflect on your achievements and learn from this for self-improvement

Task 1: End of year reflection

What did you achieve?

What are you proud of?

What will you do differently next year?

Task 2: Independent Task

Select one of the tasks below and present this with this workbook

- Create a weekly Gratitude and Growth Journal
- Create a personal vision board
- Create a graph that monitors the milestones
- Skill Challenge: Pick a new skill and track your progress with photos, videos and self-evaluations
- Peer Aspiration Buddy: Check in with your buddy on your goals
- Create a Self-Assessment Aspiration quiz for your tutor group



ASPIRATION

Be the best that you can be



COMMITMENT

Do what it takes for as long as it takes



SUCCESS

Be ready to take on the world