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Use this worksheet to help identify your career and personal goals and the strengths you will use to help achieve them. Using the table below outline a short term, medium term and long term goal and then complete the sections and the actionable area on the next page for your next steps.

Short Term

*Medium
Term*

Long Term

This is important because:

Key strengths to help me achieve this are:

Obstacles to this goal are:



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Now you've used the table to outline your goals, focus on how you'll achieve them and put actionable steps in place.

What will be positive about achieving these goals?

What are the next steps to achieving each of these goals?

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