

TIPS FOR GOAL SETTING

Set your goal and make it specific. If you are vague about what you wish to achieve you will lose direction.

Make your goal measurable. Give yourself a time frame or a deadline. Something that is too far into the future will feel unattainable.

Write out a plan with the steps you need to take. Having your plan in writing will make it more tangible. Use positive words like 'I will' instead of 'I would like to'.

BREAK IT DOWN – biting off more than you can chew can seem overwhelming, so take one step at a time. Make a list of things to do and tick them off as you achieve them.

(If you are going to France in your gap year, work out your dates/open a bank account and budget what you will need to put in each week get your passport application/buy a Lonely Planet guide/put together a folder of your travel plans.)

INVOLVE OTHERS – tell a friend or your family of your plans.

This will give you somebody to bounce ideas off, encourage you, offer suggestions and keep you motivated.

VISUALISE – put yourself into the picture and it will become more attainable.

Post your goal in visible places like your walls, the fridge, your desk or the bathroom mirror as a constant reminder of your dream. Create a **VISION BOARD** with photos, magazine clippings, inspirational images, notes, Tweets from friends, post-cards from Paris.

REWARD YOURSELF for your hard work and each achievement you tick off your list.

(If you have saved for half of the airfare take yourself off to a French film or go for coffee and gateaux and practice your conversational French.)