

Well-Formed Goals

Making plans and setting goals that are appealing and achievable



It's 4th February 2023 and I have started a new job with an insurance company. I am delighted to have begun my new career, I'm excited by the opportunities, and I'm looking forward to spending some of my increased income on my children.

It's 10th July 2024 and I have just submitted my final assignment for my Masters course. I am relieved to have done all of the work, I am proud of what I have achieved to date, and I can't wait to go to graduation.

It's 4pm on this Friday. I've done the shopping, the house is clean, and the weekend starts now.

