





This workbook is just for you. No one else!

We recommend you use it to complete the activities you are guided through during the modules.

Ideally you will print it out and have it next to you as you work through the modules.

There is real power in writing things down both for your own clarity and in defining clear goals, we hope you take the time to do this.

*"A goal without a plan is just a dream"*

# Your myHappymind for teachers review



## Personal Reflection 1

What have you learnt through the myHappyMind for teacher program that you are going to implement? Think about all the modules; Meet Your Brain, Celebrate, Appreciate and Relate.



## Personal Reflection 1

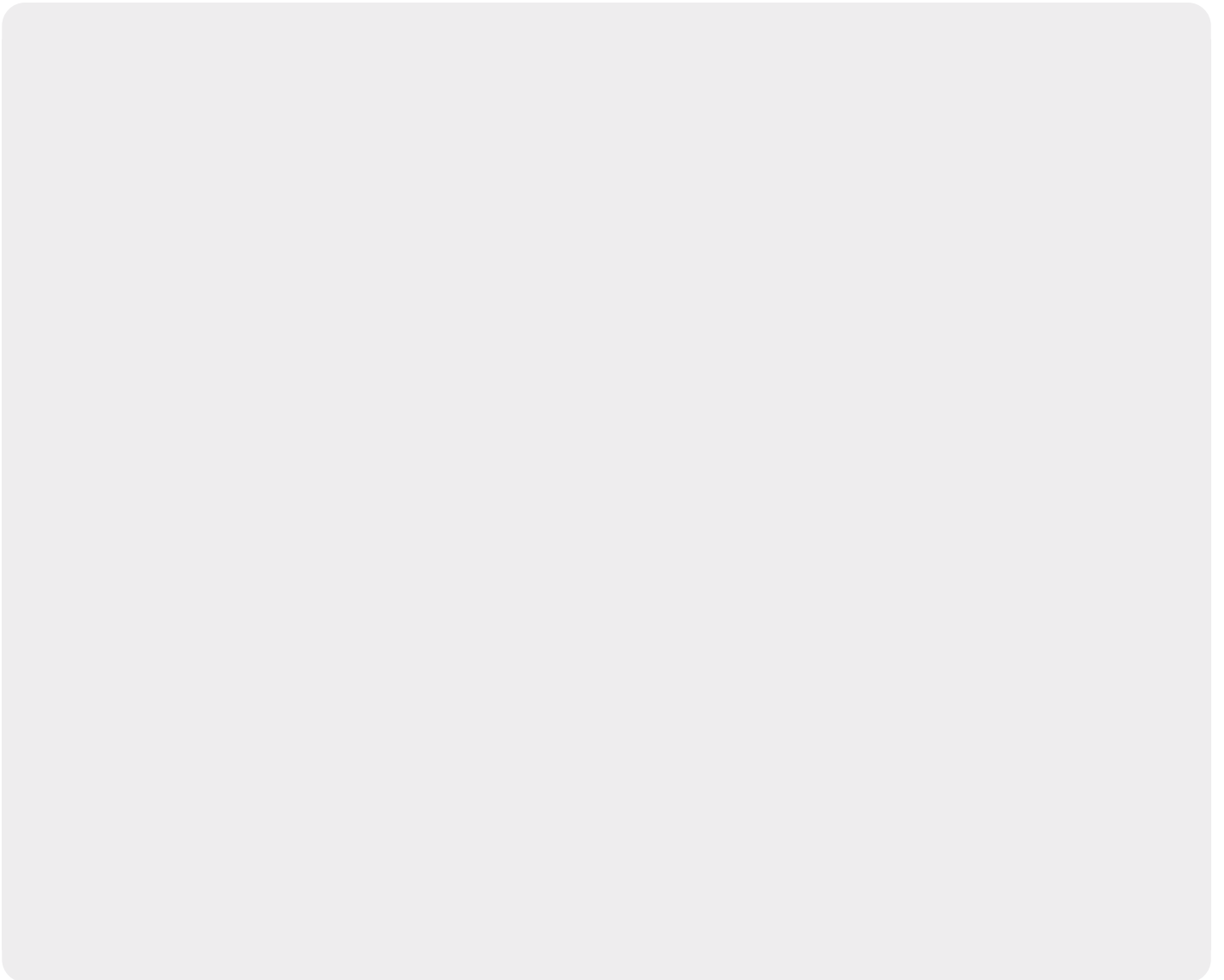
What has been your biggest surprise through the program in terms of your own self discovery?

A large, empty, light gray rounded rectangular box intended for writing a personal reflection.



## Personal Reflection 2

When it comes to goal setting how purposeful are you in setting and achieving your own goals? For example, do you write your goals down, do you plan the action steps?





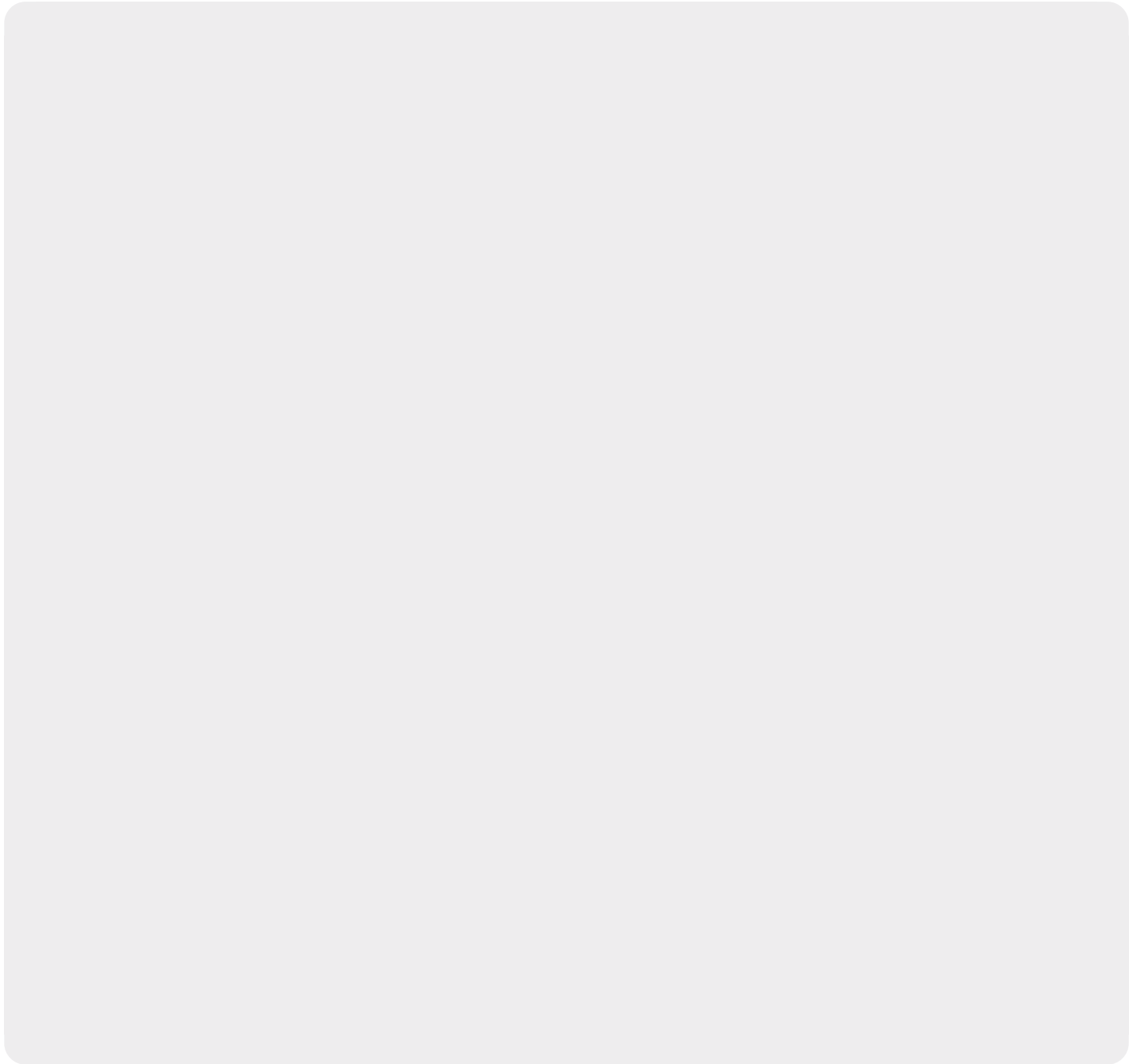
## Personal Reflection 2

Are there things in your life you have been thinking about or wanting to achieve for some time but somehow life has just got in the way? What are they? Write them down here.



## Personal Reflection 2

Why do you think you haven't achieved them? What has stopped you?





# My action plan



## My massive goal setting plan

It is true that most of us do not achieve our goals because we are not intentional enough about them. In order to achieve big we have to dream big and then take massive action. Massive action requires discipline, goal setting and accountability.

So here is your challenge.

Select 3 goals that you want to achieve. These could be work goals, home life goals, fitness goals, whatever you like but try to pick ones that you have been thinking about for a while and just not made progress with.

For each goal, map out the plan (using the handy template below) and then each day take 5 minutes to reflect on what you have done to move toward your goals.

Sound simple? That's because it is! All you need is focus and commitment, you've got this!

# GOAL 1

CAPTURE YOUR MASSIVE GOAL HERE - DESCRIBE WHAT SUCCESS WILL LOOK LIKE

The Goal:

The Success Picture:

What actions do you need to take?

What support do you need?

*How did you do this week?*

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



SUNDAY



# GOAL 2

CAPTURE YOUR MASSIVE GOAL HERE - DESCRIBE WHAT SUCCESS WILL LOOK LIKE

The Goal:

The Success Picture:

What actions do you need to take?

What support do you need?

*How did you do this week?*

- MONDAY ?
- TUESDAY ?
- WEDNESDAY ?
- THURSDAY ?
- FRIDAY ?
- SATURDAY ?
- SUNDAY ?

# GOAL 3

CAPTURE YOUR MASSIVE GOAL HERE - DESCRIBE WHAT SUCCESS WILL LOOK LIKE

The Goal:

The Success Picture:

What actions do you need to take?

What support do you need?

*How did you do this week?*

MONDAY	?
TUESDAY	?
WEDNESDAY	?
THURSDAY	?
FRIDAY	?
SATURDAY	?
SUNDAY	?



*"A Goal should scare you a little and  
excite you a lot"*

