

Three big aims for this week

If you want to achieve everything at one go, that's really going to be hard. But you can reach your aim step by step. Have you already thought about what you absolutely would like to achieve this week?

Write one aim that you want to achieve on the first flag. If you can think of a second and a third aim, write them down as well.

Afterwards hang this sheet up somewhere in your room where you can see it well.

Then you will be reminded of the aims you still want to achieve every time you pass by.

The graphic consists of three flags on a dashed path that leads to a silhouette of a sailing ship. The path starts at an orange dot, goes to a red dot, then a green dot, and finally ends at the ship. Each flag is connected to its respective dot by a vertical line of the same color.

My first big aim

Have you achieved your aim? Then make a little drawing which matches your aim.

My second big aim

Have you achieved your aim? Then make a little drawing which matches your aim.

My third big aim

Have you achieved your aim? Then make a little drawing which matches your aim.