GOALS 4GOOD

Module 2

Welcome back!

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What did we cover last week?

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5 ways to wellbeing in your daily life

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Goal setting

Why is it important that we set goals?

How do we set good goals?

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Marshmallow test - video

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What is the best predictor of success?

Grit =
Passion +
Perseverance

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Where could you use some more Grit?

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Examples of grit

- Sandra Paovic, Croatian born Olympian (2008) and Paralympian (2016)

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Wish
Outcome
Obstacle
Plan

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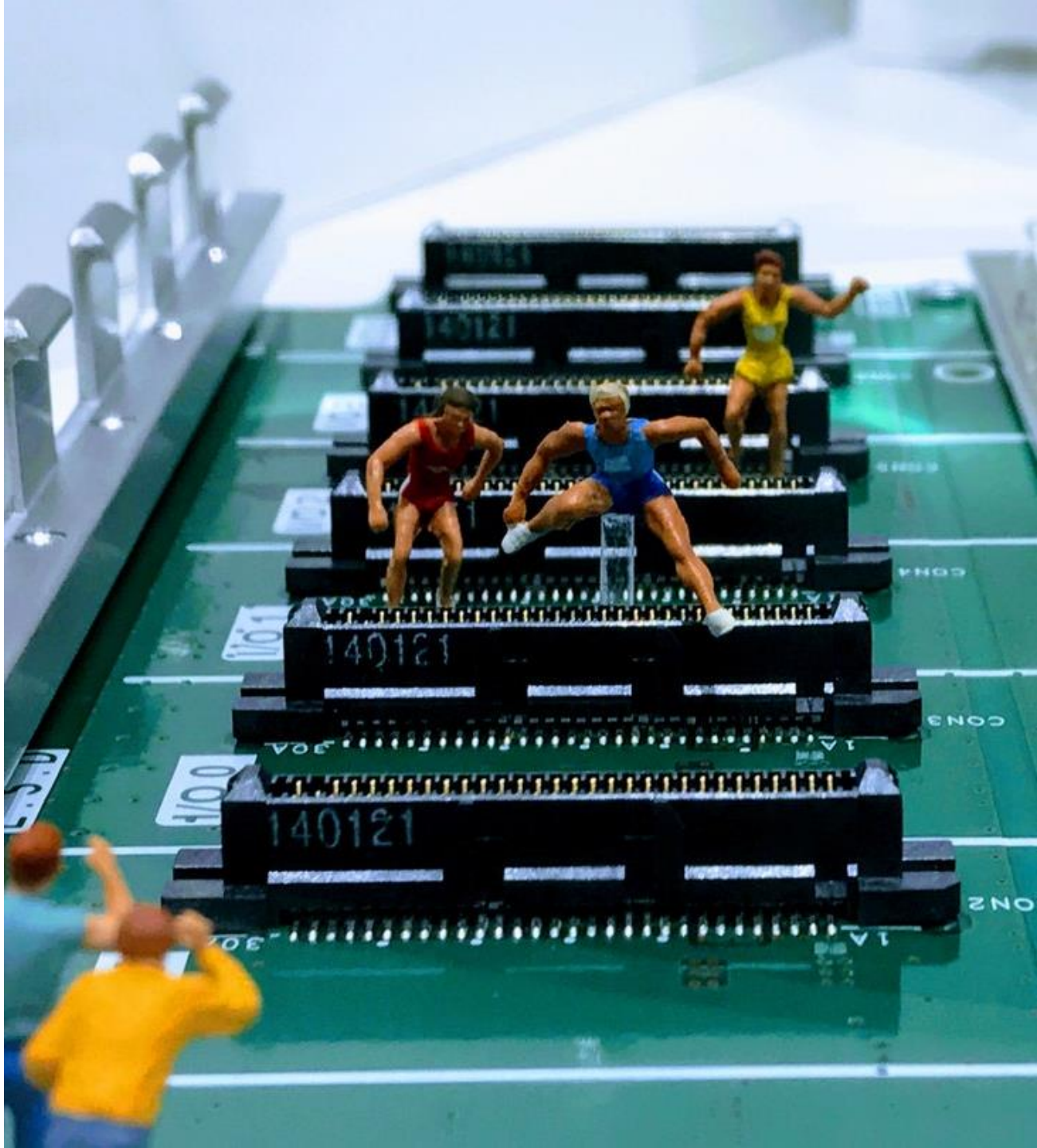

How could your lifestyle change have a positive impact on other people or the planet?

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Thank you and good luck!

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