



# LEAP

Looking at goals

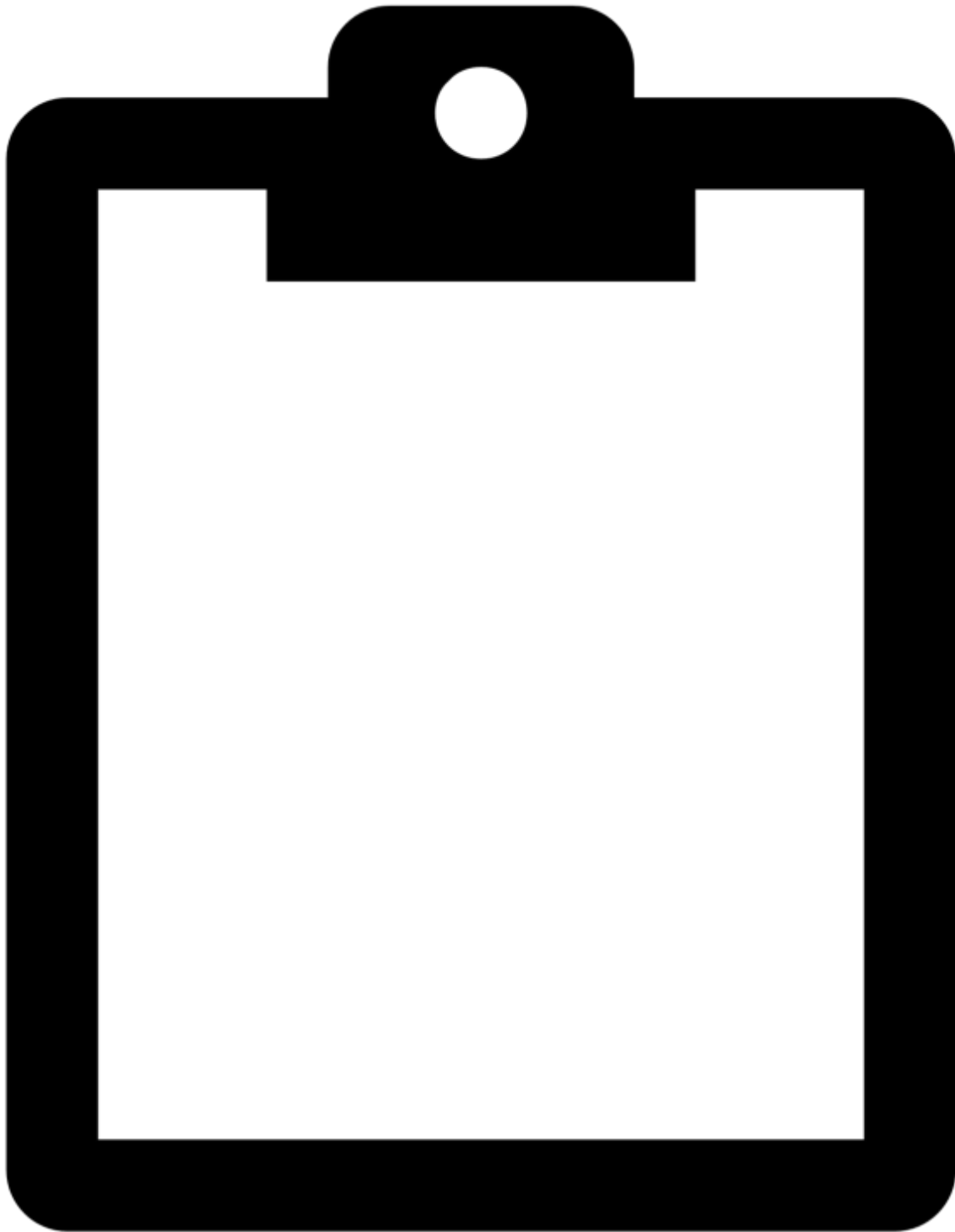
Exploring reality

Analysing possibilities

Planning for action

## Looking at goals

Where are you now? Where do you want to be?



How well are you doing at school? Think about academically (in lessons) socially (how well you get on with others) and your behaviour for learning.

Make notes on the clipboard.

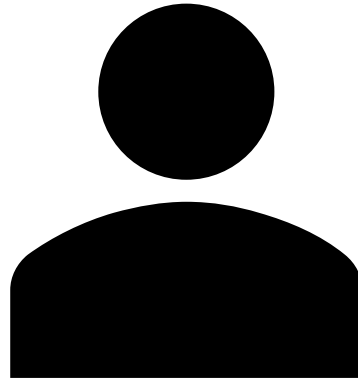
# 25

Imagine 25

You are 25 years old...

What might you look like?

What might you own?



What might your job be?

Where might you live?

What might you feel like?

# You have just left school...

What might you be doing?

What decisions might you  
be making?

Who might be helping you?

How might it feel?

# You are collecting your GCSE results...

What will it feel like to get them?

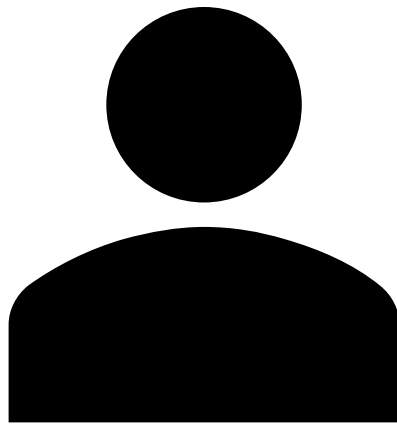
What will you do first?

Who will you go with?

How will your friends and family react?

# You are in year 11...

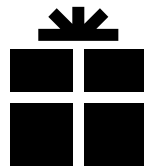
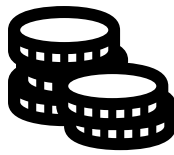
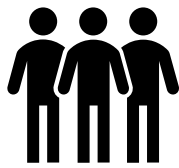
What does/might it feel like being in school?



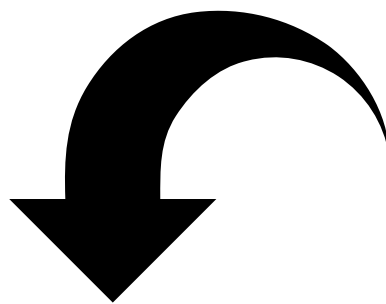
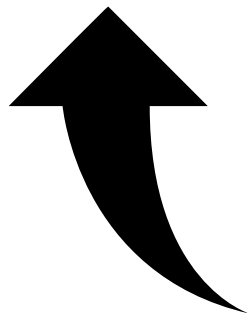
How do/will you organise yourself?

What are/will be your main hurdles and how do/will you overcome them?

# What motivates you push or pull?



	Yes	No	Sometimes
Physical rewards			
Verbal praise			
The threat of punishment			
The opinion of my family			
Looking good to my friends			
Shame			
Bettering my future			
Pleasing people			
Sense of pride			



My top motivator:

Least motivating:

# Exploring reality

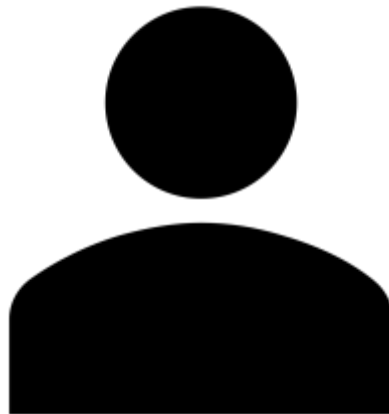
What do you believe about yourself? (Positive & negative)

I am

I am

I am

I am

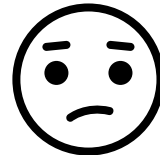


I am

I am

I am

Which will help  
you?



Which will hinder  
you?

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# What do you think?

Try to put down the percentage, score or level/grade and then pick a RAG colour. There is space to add your other lessons.

	I think		Reality	
Attendance				
Punctuality				
Behaviour				
Maths				
English				
Science				

Which did you get right?  
Why do you think this was  
the case?

Which did you get wrong?  
Why do you think this was  
the case?



# 25

## Analysing possibilities

How might the reality of now have an impact on your future self?

What might year 11 be like?

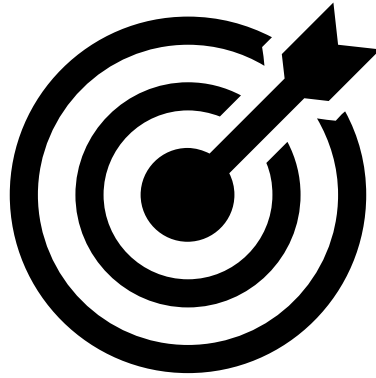
What might it be like, collecting your GCSE results?

What might it be like, leaving school?

What might 25 be like?

# Planning for action

Think back to the kind of life you want to have at 25 and beyond. What SMART targets do you need to make now that will help you achieve your goal?



SMART target 1

SMART target 2

SMART target 3