

be a singing goal-getter

workbook

I LOVE TO SING

I sing because ...

my favourite singing nemory is ...

singing gives me ...



ALL THE JOY

artists Plove

songs Place to sing

songs I want to sing

I like my voice because



S - W - O - T strengths threats weaknesses

opportunities



MY GOAL my goal day

date

year

month

three driving emotions I will experience when I achieve my goal...

28

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MY GOAL

5 reasons for achieving my goal



3 milestones

MY GOAL

start doing

stop doing

do more of

dolessof

my resources and support







My celebration plan is ...











MY SCHEDULE



MONTHLY PLAN

month:

focus

what Ilearned

key actions



| mon | tue | wed | thu | fri | sat | sun |
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SELF TALK

dear I'm finished with you.

Instice I'm getting better at :



NOTES





NOTES











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