Circle of Self Script

**Learning goal**

* Establish 1 learning goals with strategies to achieve them - state your goal, why you chose it and list strategies that will help you achieve this goal. By working on this goal, how will it help you at school, work or in life? Have you done anything to work towards this at school, work or in life?

**Personal goal**

* Establish 1 personal goal with strategies to achieve them – state your goal, why you chose it and list strategies that will help you achieve this goal. By working on this goal, how will it help you at school, work or in life? Have you done anything to work towards this at school, work or in life?

**The Capabilities**

* Display at least 4 of the 7 capabilities with examples. You need a sentence defining the capability and mention how you have developed the capability so far.