|  |  |
| --- | --- |
| Activity  | Does it all add up?Check for congruence and ‘integrity’ |

Are your vision, ambitions, values and inspiration in alignment, as outlined on page 48? Check for internal conflicts or inconsistencies that could be undermining your efforts. Below, jot down your responses to the questions.

|  |  |
| --- | --- |
| What is my goal (e.g. what I want to achieve from my time at university)? |   |
| What is my vision of success in relation to this goal? What would success look like? |   |
| How does this goal fit into a bigger ‘vision’ for my life and my longer-term ambitions? |   |
| What motivates me to pursue this goal – what do I want to gain from achieving this goal? |   |
| What has influenced me, perhaps over many years, in forming this goal? |   |
| What inspiration can I call upon to help me achieve this goal? |   |
| What are my short-term goals? How do these support my main goal? |   |
| How does this goal fit with my beliefs and values? |   |
| How do the attitudes of people around me support me in working towards my current goal? |   |
| What resources do I have, to support me towards my current goal? |   |
| What else in my current situation supports or undermines me in working towards my goal? |   |
| Conclusions |   |