

# Personal Goal Setting Challenge

Mark Beaumont has set himself the ultimate challenge of cycling around the world for over 18,000 miles in just 80 days, aiming to break the Guinness World Record and become the fastest person to ever complete the adventure.

Setting goals is a great way to build confidence, achieve new things that we might not think are possible or to improve our ability in something by reaching a target.

What personal goal could you set yourself?

My goal is:

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I aim to complete it by:

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These are the things I will do to help me achieve my goal:

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What will be difficult about achieving my goal?

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What can I do to overcome the difficulties and conquer the challenges?

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Who can help me to achieve my goal?

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How can I measure or track the progress towards achieving my goal?

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