

### Personal Goals and Target Setting Form

Choose 2 skills and 2 qualities which you wish to improve on during your work placement. These will be your Personal Targets.

For each of the chosen Skills and Qualities, explain what you hope to achieve and set a date for when you will check your progress.

When you have checked your progress, identify the improvement you have made. This will be used as part of your final evaluation.

Skill / Quality	What I hope to achieve	Date to check my progress	Progress / improvements have made