

Assignment:

Think about which language habits you want to change and make a plan by following the steps below. Use the Goal Setting Form to help you make and execute your plan.

1. **Describe** your goals and **rate** them.
2. Choose **the easiest** goal to start with.
3. Describe your goal in a **SMART way**. What, with whom, where, when, how often? (SMART means: **S**pecific, **M**easurable, **A**chievable, **R**ealistic and **T**imely)
4. Make a **plan**: how do you want to do it? What could happen? Think about which resources you want to use, for instance 'Pole position' or 'Assertive demand'.
5. **Evaluate**: how did it go? If it didn't go to plan, what would you do differently? What **resources** do you want to use next time?
6. **Repeat**.
7. If you mastered your first goal and changed your language habit, **move on to the next** goal you have set for yourself, and start at 2.