



Choosing the right Challenge for you

Making your choice

Name

This activity is all about choosing a realistic challenge to rise to over the next few weeks, and possibly months. Challenges come in all different forms, some can be easy to achieve whereas others can be much harder to achieve. It is important that you should choose a challenge that is right for you.

What challenges are you facing?

1	<input type="text"/>	2	<input type="text"/>
3	<input type="text"/>	4	<input type="text"/>

How important are these challenges to you?

Award your most important challenge **7 points**, the next most important **5 points**, with **3 points** for the third most important to you, and lastly award **1 point** for the least important challenge to you.


1	<input type="text"/>	2	<input type="text"/>	3	<input type="text"/>	4	<input type="text"/>
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How ready are you to face these challenges?



Challenge **1**

							
1	2	3	4	5	6	7	


Challenge **2**

							
1	2	3	4	5	6	7	

Challenge **3**

							
1	2	3	4	5	6	7	

Challenge **4**




							
1	2	3	4	5	6	7	

Tick appropriate box






How confident are you at being successful at your challenges?




Challenge **1**

							
1	2	3	4	5	6	7	



Challenge **2**

							
1	2	3	4	5	6	7	

Challenge **3**

							
1	2	3	4	5	6	7	

Challenge **4**

							
1	2	3	4	5	6	7	

Tick appropriate box

