

## **Journey Planner**

This tool will help you to develop a plan to achieve your goal over a set period of time. You can decide how far into the future you want to plan by writing your own future dates on to the journey map below.

Sometimes, what we want to achieve feels too big or overwhelming. So use images, diagrams, or simply writing to set yourself small goals for each step, which will lead to achieving your ultimate longer term goal.

