

## **goals for roles: visions, challenges, responses**

It's not good enough – and it can even be unhelpful – just to indulge in fantasies about the future. What can be tremendously helpful is to have a clear sense of how we would like things to be, knowing that it is genuinely possible to make very real progress towards these visions *when* we put in the work that realising the visions will demand. With this commitment, it can energise us even more to see what challenges we will need to overcome to achieve our goals. Now we can begin to plan what we need to do to respond to these challenges and to build our dreams of the future with courage, determination and persistence.

<b><i>role</i></b>	<b><i>visions</i></b>	<b><i>challenges</i></b>	<b><i>responses</i></b>
<b><i>self care</i></b>			