

### Pre-work: Personal Objectives

Identify between three and five personal objectives that you want to work on for the duration of the Thrive programme. During the programme there will be lots of opportunities to share these, reflect on them and make changes based on learnings from the content and your peer group. It would be completely normal for at least a few of the objectives to change as you learn.

Objective	By When?	Who will I need help from?	How will I know when this is achieved?
1.			
2.			
3.			
4.			
5.			

*Please bring this pre-work along to the first virtual session – this does not need to be submitted in advance.*

*Thank you !!*