

Take a Breath Booster Session 3 - Assessment Task



**take a
Breath.**

Smoking and vaping - your voice, your choice

Learning Intention:

Today we are: learning about making positive changes.

So we can: work towards a personal goal.

I will know I have been successful: when I can communicate a personal goal, and provide steps, changes or sacrifices you could make to meet that goal.

Write a paragraph letting someone know about a personal goal you have for the future. Include steps you will take, changes you will implement, or sacrifices you may need to make in order to achieve your goal. Draw yourself achieving this goal. This goal could be learning a new skill, mastering a new sport, succeeding in a subject at school or university, a career (job) you'd like to work in, or a place you'd like to visit.



Call to Action: A Goal for the Future.



Blank area for drawing or illustration related to the goal.

Horizontal lines for writing a paragraph describing the goal and steps to achieve it.