How to Find Your Goal | Free guide

How to Find Your Goal

Notice your strengths, try small tests, and write one clear 2-month goal



Made for

You

Your workbook online, prompts for every task, and where to hand it in:

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Hello You

Namaste! You do not need a big dream to start. In 15 minutes a day, you will notice what you enjoy in everyday Indian life, test it in tiny ways, and write one clear goal with small steps. Let us find your next step together.

How to use this workbook

- Give 15 minutes a day. Read one short lesson, then do the tasks on paper.
- Use a pencil and the space under each task. A phone photo of the page is enough to check.
- If stuck, copy the stuckPrompt box message into any AI assistant for a simple hint.

Your plan · about 75 minutes in all

Day	What	Minutes
1	Chapter 1: What You Enjoy and Do Well	15
2	Chapter 2: Try Small to Learn Big	15
3	Chapter 3: Write a Goal You Can See	15
4	Chapter 4: Small Steps and Monthly Check	15
5	Final task	15

Chapter 1

What You Enjoy and Do Well

Make your own list of what you enjoy and what you are good at.

A goal starts with noticing your own life. What you enjoy gives you energy. What you are good at gives you confidence.

Enjoy means you feel happy and want to do it again, like helping at a Diwali stall or cycling with friends. Good at means others thank you for it, or it feels easy for you, like fixing a phone setting or remembering bus routes.

Look at your last 7 days in home, school, and free time. Small everyday things count. We will list them simply, no big decision yet.

Worked example: How Priya from Pune noticed her likes and strengths

1. Look at yesterday: morning helped mother pack tiffin, evening played cricket, night watched cooking videos.
2. Mark enjoy: cricket and cooking videos felt fun and time passed fast.
3. Mark good at: mother said tiffin packing was neat and quick; friends say my bowling is steady.

1.1 Write 4 things you did last week that you enjoyed. Add in brackets why you liked each.

Hint: Think of yesterday morning, afternoon, and evening.

Stuck? Open task 1.1 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

1.2 Write 3 things you are good at. After each, write who noticed it or how you know.

Hint: Good at can mean easy for you or praised by others.

Stuck? Open task 1.2 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

1.3 Look at your two lists. Circle or star 1 activity you BOTH enjoy and do well. Write 2 lines on why it fits your life now.

Hint: Pick from your own lists above where fun and skill meet.

Stuck? Open task 1.3 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

Check yourself: You can point to 2 things you enjoy and 1 thing you do well from your own daily life.

Chapter 2

Try Small to Learn Big

Try a tiny 3-day test before choosing a big goal.

You do not need to be sure to start. A small experiment is a tiny test for 2 or 3 days, with almost no money.

Pick one doubt, like tailoring, cricket coaching, or making reels about street food. Do it in a small way at home or nearby for 20 to 30 minutes.

After each day, write what you felt and what happened. The result tells you to do more, change it, or stop it.

Worked example: How Rahul from Jaipur tested teaching in 3 days

1. Doubt: Does Rahul like teaching? Experiment: Teach maths to his younger cousin for 20 minutes for 3 days.
2. Note each day: Day 1 felt shy, Day 2 felt better, Day 3 cousin solved 2 sums alone.
3. Learn: I enjoy explaining in Hindi and I am patient. Next idea: help 2 classmates on Sunday.

2.1 Write 2 small experiments you can do in 3 days to test your interests. Write what, where, and how long.

Hint: Keep it free, 20 minutes, at home or near home.

Stuck? Open task 2.1 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

2.2 Pick 1 experiment. Write your 3-day plan: Day 1 will do, Day 2 will do, Day 3 will do.

Hint: Choose the easiest and safest one from your ideas.

Stuck? Open task 2.2 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

2.3 For your own life, write how you will judge your experiment: What will you watch, and what means continue or change?

Hint: Imagine you finished it; what would you see and feel?
Stuck? Open task 2.3 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

> **Check yourself:** You can describe one small experiment you tried and what it taught you.

Chapter 3

Write a Goal You Can See

Turn your interest into one clear sentence with time and count.

A clear goal says what you will do, how much, and by when. Vague goals like do better in studies do not tell you when you are done.

Use simple words and numbers. Say how many, how often, and the date, like read 4 library books in 1 month, or save Rs 500 in 2 months.

Keep it small enough for your 15 minutes a day. One goal at a time is best at the start.

Worked example: How Anu from Kochi made her goal clear

1. Vague: I want to get good at drawing.
2. Add what and how much: I will complete 12 rangoli and mehndi designs in my notebook.
3. Add by when: I will complete 12 designs in my notebook in 2 months, by 2nd January, and show 4 to my family.

3.1 Solve: Tick the clearer goal. A) Learn computers. B) Practise typing 15 minutes daily and type 1 page without seeing keys in 1 month.

Hint: Vague has no number or date; clear has both.

Stuck? Open task 3.1 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

3.2 Rewrite this vague goal clearly: I want to get fit. Use how many times a week and 1 month date.

Hint: Add a number and a date to make it clear.

Stuck? Open task 3.2 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

3.3 Write YOUR clear goal for the next 1 to 2 months. Include what, how much, and by when.

Hint: Use what you enjoy and learned from experiments.

Stuck? Open task 3.3 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

Check yourself: You can write one goal that says what, how much, and by when.

Chapter 4

Small Steps and Monthly Check

Break your goal into 4 steps and fix a monthly check-in.

Big goals feel heavy. Small steps feel light. Cut your goal into 4 steps in order, like first learn, then practise, then make, then show.

Give each step a week. Do a little daily, like 15 minutes after dinner. Tick each step when done.

Once a month, check in: What did I finish? What was hard? What will I change? Write the next month's date on your calendar, like every 2nd.

Worked example: How Farhan from Lucknow broke his goal into steps

1. Goal: stitch 4 simple cloth bags in 1 month. Steps: 1. Watch 2 videos and practise straight stitch. 2. Cut cloth for 2 bags. 3. Stitch 2 bags. 4. Stitch 2 more and show mother.
2. Put dates: Week 1, Week 2, Week 3, Week 4 on a calendar.
3. Monthly check on 2nd December: Count bags done, note problem, fix next month.

4.1 Draw 4 boxes in order and write 1 step to learn spoken English in each box.

Hint: Think first, next, then, last.

Stuck? Open task 4.1 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

4.2 Break YOUR goal from Chapter 3 into 4 weekly steps. Write Step 1 to Step 4 with Week 1 to Week 4.

Hint: Use weeks 1 to 4 for your 1-month goal.

Stuck? Open task 4.2 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

4.3 For your own life, write your monthly check date and 3 questions you will ask: What finished? What was hard? What to change?

Hint: Pick a fixed date, like the 2nd of next month.
Stuck? Open task 4.3 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

> **Check yourself:** You can split your goal into steps and set one monthly check date.

Final task

Put it all together

Final task Make your one-page My Goal Sheet: my enjoy + good at, my 3-day experiment result, my clear 2-month goal, my 4 steps, and my monthly check date. Write it neatly to show your family.

Hint: Use your best pages from Chapters 1 to 4 together.

Stuck? Open task final online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

What next?

Now learn any skill: an AI teacher writes a workbook just for you, helps when you are stuck, checks your work and gives you a skill badge.

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