**Getcha Goal Mapping**

*1. Write in your Long Term Goal* ***in the top rung*** *of the ladder. Then write who you can ask for help or advice* ***in the bucket*** *attached to the goal’s rung.*

*2. Go to the rung* ***below*** *the one you just filled in, and write in a goal that will* ***help you reach the more difficult goal in the rung above***

*3. Repeat*

*The easiest goal should end up being the bottom rung of the ladder!*