

Personal Goal Setting Challenge

Mark Beaumont - Around the World in 80 Days

Mark Beaumont has set himself the ultimate challenge of cycling around the world for over 18,000 miles in just 80 days, aiming to break the Guinness World Record and become the fastest person ever to complete the adventure.

Setting goals is a great way to achieve new things that we might not think are possible or to improve our confidence and ability in something by reaching a target. Here are some ideas for personal goals you could set yourself:

Physical Challenges

- Aim to run a new record distance
- Complete a target number of swimming lengths
- Achieve a skipping marathon record
- Try to hit a target number of bike rides or miles

Mental Challenges

- Learn or master a set of times tables
- Complete a spelling challenge of 100 words
- Research and learn a new set of facts about a topic
- See how many words you can learn in a new language

Work and Behaviour Challenges

- Complete a goal for a number of daily reading sessions
- Achieve a personal record for good behaviour
- Invent a goal for manners or politeness
- Keep up a regular number of homework challenges

Hobbies and Clubs Challenges

- Aim for a new target with your sports club
- Improve your skills or ability in a particular game
- Join or try a new club, group or activity
- Set up your own new club or recruit new members to your club

Healthy Lifestyle Challenges

- Aim to eat your 5-a-day fruit and vegetable portions
- Drink a recommended amount of water every day
- Complete a target amount of exercise for a number of times each week
- Walk or cycle to school each day for a set number of weeks

