



INTERACTIVE TOOL 1 · MAYA INTERACTIVE TOOLS

Personal Goal Mapping Card

MAYA — WP3 Open Interactive Education Resources

- Mainstreaming Actions to reinforce the professional dimension and emotional side of Young
- Adult NEET women in Europe

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Personal Goal Mapping Card

Section 1: ME NOW (Reflect on who you are today)

My Strengths:

What I Enjoy Doing:

One Thing I'm Proud Of:

Section 2: MY SHORT-TERM GOALS (1-3 months)

Goal	Why It Matters	First Action Step	Progress Tracker
_____	_____	_____	☐ Started ☐
Progress ☐ Done			
_____	_____	_____	☐ Started ☐
Progress ☐ Done			
_____	_____	_____	☐ Started ☐
Progress ☐ Done			

Section 3: MY LONG-TERM GOALS (6-24 months)

In 6 months, I want to...

In 1 year, I imagine myself...

In 2 years, I hope to...

Section 4: MY BARRIERS (Things that make it hard for me)

I need help with:

I feel nervous about:

I'm not sure how to:

Section 5: MY SUPPORT SYSTEM (People, places, or things that help me)

People who support me:

Things that make me feel strong:

What I can ask for help with:

Section 6: REFLECTION & UPDATES (Review every 2-4 weeks)

Date	What I've Achieved	What I Want to Focus on Next
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Section 7: INSPIRATION CORNER (Quotes, images, or reminders that motivate me)