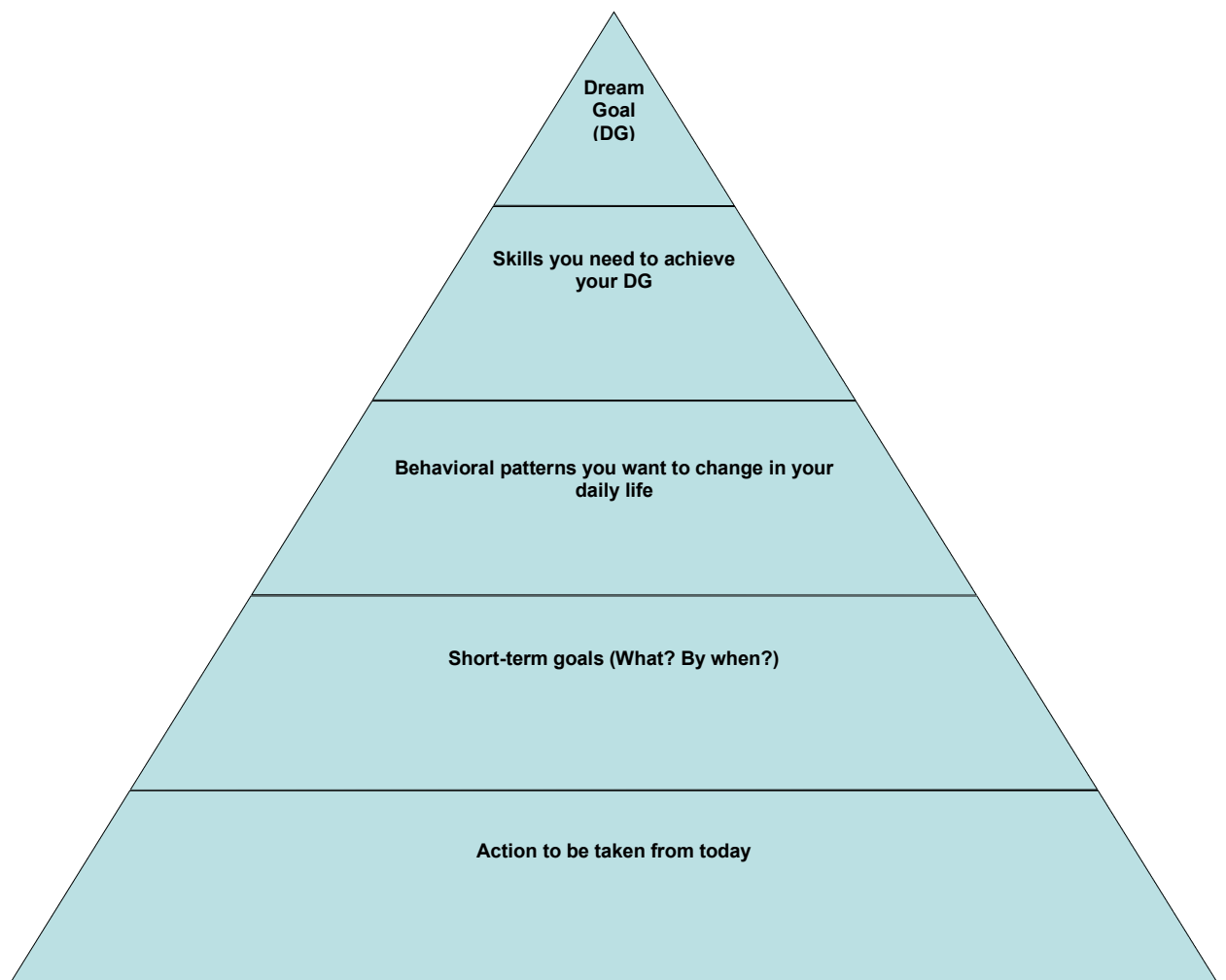


## THE GOAL-SETTING PYRAMID

This tool can be useful to reflect on one's dreams and goals and then to break them down in order to define an action plan. You can use it for your own reflection or discuss it in an advising session.



Kato, S., & Mynard, J. (2016). *Reflective dialogue. Advising in language learning*. New York: Routledge (p. 40) (developed by Kato S., & Yamashita, H. (2013). *The English learner planning 2014 (Eigo Gakushu Techo)*. Chiba, Japan: Kanda University of International Studies.