K | My 30-Day Growth Challenge

One goal. Small steps. Real progress.

Your future is a journey, not one final decision. Choose something you want to improve over the next 30 days.

My goal

In 30 days, I want to be able to:

Why this goal matters to me:

Break it down

Week 1 - Explore and make a plan:

Week 2 - Practise and learn:

Week 3 - Try something challenging:

Week 4 - Review and celebrate:

Make it achievable

Choose a goal you can influence: for example, improving one study habit, learning a digital skill or researching a career.

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Track your progress

Weekly check-in

Week 1: What did I try? What did I learn?

Week 2: What progress did I make?

Week 3: What obstacle did I face? How did I respond?

Week 4: What am I proud of?

My next SPARK

One skill or opportunity I want to explore next:

Keep growing

Ask a trusted person for feedback, revisit CareerXplora when your interests change, and celebrate progress - even when it is small.