



Set goals for your future



**Co-funded by
the European Union**

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the Italian National Agency Erasmus+ INDIRE. Neither the European Union nor the granting authority can be held responsible for them. Project 2025-1-IT02-KA210-ADU-000354693

1

A goal without a plan is only a wish.



**Co-funded by
the European Union**

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the Italian National Agency Erasmus+ INDIRE. Neither the European Union nor the granting authority can be held responsible for them. Project 2025-1-IT02-KA210-ADU-000354693

2

**Make your goal
specific, measurable
and time-bound.**



**Co-funded by
the European Union**

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the Italian National Agency Erasmus+ INDIRE. Neither the European Union nor the granting authority can be held responsible for them. Project 2025-1-IT02-KA210-ADU-000354693

3

Example: €50 a month for six months is €300.



**Co-funded by
the European Union**

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the Italian National Agency Erasmus+ INDIRE. Neither the European Union nor the granting authority can be held responsible for them. Project 2025-1-IT02-KA210-ADU-000354693

4

**Check every month.
Change the plan, not
the goal.**



**Co-funded by
the European Union**

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the Italian National Agency Erasmus+ INDIRE. Neither the European Union nor the granting authority can be held responsible for them. Project 2025-1-IT02-KA210-ADU-000354693

5

It is never too late to start.



**Co-funded by
the European Union**

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the Italian National Agency Erasmus+ INDIRE. Neither the European Union nor the granting authority can be held responsible for them. Project 2025-1-IT02-KA210-ADU-000354693



**Learn more, free:
fire.elnlab.eu**

In an emergency, call 112.



**Co-funded by
the European Union**

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the Italian National Agency Erasmus+ INDIRE. Neither the European Union nor the granting authority can be held responsible for them.
Project 2025-1-IT02-KA210-ADU-000354693