

# Dream big... I can do it!

## At Arete:

During your time at Arete you will have the opportunity to try lots of new activities and challenge yourselves. What would you like to achieve during your stay? Would you like to get better at a certain thing? Maybe you'd like to make new friends, overcome fears or learn new skills.

## *Personal Qualities and Skills*

Stretch comfort zone and overcome fears

### Can you:

Set yourself some challenging goals for your visit to Arete

### Additional information:

You could bring your goals with you.

Look at [Sophie's video](#) for some top tips

## Pre Course Ideas:

- Write a letter or a postcard to your future self before you start your residential at Arete Outdoor Centre. Setting your own goals aims and objectives is a really powerful way to achieve them and make sure that they happen. See the [Write a Postcard](#) video.  
<https://youtu.be/WgD1onz8YtU>
- Think about what is important for you.
- You can reflect and read your ideas once you have completed your residential to see if you have achieved what you wanted. Maybe you exceeded them or your goals changed.

