

# Lift Off

Aspiration student book



 Learner name:

 School:

Sample

**With thanks to the schools involved in piloting this programme:**

- Northlands Primary School, Rugby
- Riverside Academy, Rugby
- Boughton Leigh Junior School, Rugby
- The Avon Valley School and Performing Arts College, Rugby

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**Developed in partnership with:**



[www.phf.org.uk](http://www.phf.org.uk)



[theprogressiontrust.org](http://theprogressiontrust.org)

# My profile


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 I like...

 Picture or photo of me

 I don't like...

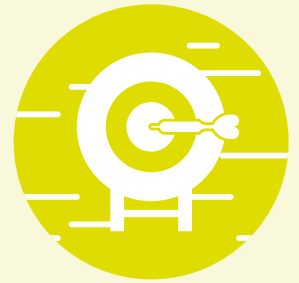
 I can do these things on my own...

 I need help to...  
Please help me by...

 I have already achieved...

 In the future I would like to...

# Aspiration Record page



Characteristic	Starter ✓	Challenge 1	Challenge 2	Challenge 3
Self-worth	<input type="radio"/>	Date: Verified by:	Date: Verified by:	Date: Verified by:
Self-efficacy	<input type="radio"/>	Date: Verified by:	Date: Verified by:	Date: Verified by:
Self-control	<input type="radio"/>	Date: Verified by:	Date: Verified by:	Date: Verified by:
Purpose	<input type="radio"/>	Date: Verified by:	Date: Verified by:	Date: Verified by:
Resilience	<input type="radio"/>	Date: Verified by:	Date: Verified by:	Date: Verified by:
Determination	<input type="radio"/>	Date: Verified by:	Date: Verified by:	Date: Verified by:

I confirm there is evidence to show that these challenges have been completed

<b>Learner signature:</b>	<b>Date:</b>
<b>Tutor signature:</b>	<b>Date:</b>

# Aspiration

## My characteristics

### Self-worth

What went well:

What I could improve next time:

Sample

# Aspiration

## Self-assessment review

Aspiration is thinking about what you would like to be able to do in the future and believing you can do this.

✓ Tick to show how confident you are in the following aspects of aspiration...

Characteristic	Very confident	Confident	Unsure	Not very confident
<b>Self-worth</b> I know I am valuable, I value myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Self-efficacy</b> I believe I can succeed and achieve my goals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Self-control</b> I can manage my emotions and control my reactions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Purpose</b> I enjoy exploring and developing my ambitions for my life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Resilience</b> I bounce back from set-backs – stronger	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Determination</b> I work hard and persevere over the long-term	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Learner signature:

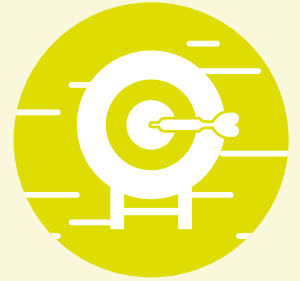
Date:

Tutor signature:

Date:

# Aspiration

## My definitions



Aspiration

Self-worth

Self-efficacy

Self-control

Purpose

Resilience

Determination

Progression

Sample

# Aspiration

## My achievements

★ Characteristics that I am strongest in...

⚠ Characteristics that I need to work on more...

🏆 Things I have achieved...

🧩 Challenges I have overcome...

🔑 Things that I would like to try in the future...



Sample



LOSWB4/1

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