**Mērķa idejošana un izvirzīšanas lapa:**

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| **Nr.** | **Jautājums** | **Tava atbilde** |
| **1.** | Kādu jomu es izvēlēšos? |  |
| **2.** | Ideju mākonis – ko es gribētu un varētu iemācīties šajā jomā? | Idejas  |
| **3.** | Mans **izvēlētais mērķis**! Ko es gribu iemācīties visvairāk, kas būtu visvērtīgākais un izdarāms konkrētā laika periodā? |  |
| **4.** | Cik ilgā laikā es to paveikšu? |  |
| **5.** | Kur un kad es to darīšu?  |  |
| **6.** | Kas ir nepieciešamie resursi, kas vajadzīgi, lai sasniegtu mērķi – laiks, materiāli, citu palīdzība un atbalsts? |  |
| **7.** | Kā es zināšu, kad esmu sasniedzis to, ko biju ieplānojis? |  |

**Mērķa un uzdevumu pārbaudes lapa *(check-list)***

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| **MANS MĒRĶIS:** |
| DIENA UN LAIKS | UZDEVUMI UN SOĻI, KAS JĀVEIC | IZDEVĀS / NEIZDEVĀS |
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**Īpašās intereses izaicinājuma – mērķa sasniegšanas pašvērtējums**

Savu aktivitāti, lai īstenotu savu mērķi, vērtēju slikti/ labi/ ļoti labi, jo \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Priecājos, ka man izdevās \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Mērķi es sasniedzu/ nesasniedzu, jo \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Lai paveiktu vairāk un labāk, nākamreiz es \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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