

# *Now It Is Your Turn...Set Goals!*

## **I.) SET YOUR GOAL**

Once again, begin by thinking about your needs and wants. Revisit the worksheets you completed earlier entitled, *My Life Right Now* and *Hopes and Dreams for the Future*.

- Compare both worksheets.
- What is different about these two worksheets?
- What is the same about these two worksheets?
- Which one of your needs and wants is the most important to you right now?

Use goal setting to help you get what you need or want. Start with a small, simple goal and go from there.

**Write Your Goal:** \_\_\_\_\_

## **II.) TAKE ACTION**

What do you need to do to make this goal happen?

List the steps:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

### **III.) SEEK SUPPORT**

Who can help me achieve this goal? \_\_\_\_\_

How can this person(s) help me? (What can s/he do?) \_\_\_\_\_

### **IV.) SET A TIMEFRAME**

When will I start working on this goal? \_\_\_\_\_

When will I begin step 1? \_\_\_\_\_

When will I begin step 2? \_\_\_\_\_

When will I begin step 3? \_\_\_\_\_

When will I begin step 4? \_\_\_\_\_

**Write these dates on your calendar**

### **V.) HOW ARE THINGS GOING?**

When can I meet with a support person to talk about how I am doing with this goal? \_\_\_\_\_

**Write this date on your calendar**

Do I need to make any changes in the steps I am taking or in the timeframe? \_\_\_\_\_

Am I running into any problems? Do I need to do problem solving to reach my goal? \_\_\_\_\_

### **VI.) FINISH GOAL – CELEBRATE!**