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!