

Michigan Alliance for Families

Youth Self-Determination Series-Home Activities Checklist

Session 4: Goal-Setting and My Future

Name: _____ Date: _____

Home Activities Checklist

Use the checklist below to work through the assigned home activities for Session 4. Please work through these activities with your parents, siblings, peers, or other support person.

Done	Activity
	<p>1. Use the Blank Goal Setting Worksheet in the handouts, the template from I'm Determined we discussed, the I'm Determined App, or another form that might work for you and define a short-term, long-term, or life goal. You can use the SPIN document from the first training session for ideas on areas you feel you need support or growth.</p> <ul style="list-style-type: none"> • For life or long-term goals, you may need to break it into smaller (short term) goals and break it into smaller steps. You will still be making progress toward your overall goal.
	<p>2. Fill out the Goal Progress Template in the handouts to track your goal progress. If you do not want to use this one, you can use another tool, create something, use a calendar, or track on a blank piece of paper. The important thing is you are watching your progress and making changes to your goal if needed, and setting new goals if you are meeting them.</p> <ul style="list-style-type: none"> • <i>There is a Goal Progress Example in the handouts</i>
	<p>3. Review the provided Resources document for additional information on goal setting and your future.</p> <ul style="list-style-type: none"> • If you have not already done so, consider looking at and contacting Michigan Rehabilitation Services (MRS) or the Bureau of Services for Blind Persons (BSBP) for vocational support and employment readiness training and opportunities. These services are based on individuals who have an IEP, 504 plan, or diagnosed disability and are eligible for the program. There is no charge for the services.