SAMPLE

Name: _____

Date: _____

Goal Setting Worksheet

1. **My goal (SPECIFIC goal you have the ABILITY to do and is RELATED to something about you)**

   My goal is a: ____Life Goal   ____Long-Term Goal   _____Short-Term Goal
   (you may need to break Life or Long-Term Goals into Short-Term goals)

   My goal is to:

   Make my own haircut appointments to be come more independent.

2. **(TIMED) My goal will be completed by:**

   Date: December 1, 2023

3. **(MEASURED) To reach my goal, I will do these 3 things:**

   1. I will check Katy's schedule online for the next month (Katy is my stylist) to see when she can cut my hair and find a date she is available, and I am available too

   2. I will role play calling Katy with my mom before I call for real.

   3. I will call Katy and ask to schedule an appointment with her and put it on my calendar.

4. I will know when I reached my goal because (or how will you know you reached your goal):

When I complete all 3 steps to reach my goal (in step 3) and have an appointment with Katy scheduled and the date written on my calendar.

2 things that will help me stick to my goal are:

1. Having my mom help me and check my goal information and checking before and after I every one of my goal steps.

2. I will feel good about myself for scheduling my own appointment

Things that might give me problems meeting my goal (think about this before you start working on your goal):

1. Katy might not be available to cut my hair when I am available
2. I may not be able to get a ride there depending on my mom's work

All Goals should be SMART

- **S**pecific: exactly what you plan to do
- **M**easured: you know when you met the goal
- **A**bility: I know I can meet this goal
- **R**elated: it is about me and what I want and need
- **T**imed: there is a beginning and ending time for the goal

Types of Goals:
- **Short-term** goals take a few days to 2 months to complete
- **Long-term** goals take 3-12 months to complete
- **Life** goals take over 12 months to complete (can be broken down into short-term goals)