



Michigan Alliance for Families

Youth Self-Determination Series-Home Activities Checklist

Session 4: Goal Letting, Locus of Control, 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
	1. Use the Blank Goal Setting Worksheet-Blank Template in the handouts, OR the template from I'm Determined , the I'm Determined App , or another form that might work for you and define a short-term goal you can work on over the next few months. You can use the Self-Determination Checklist or the SPIN document from the first training session for ideas on areas you feel you need support or growth. 2. Reference the Goal Setting Worksheet-Sample while writing your short-term goal, if it is helpful. <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.
	1. Review the provided Resources document for additional information on goal setting and your future. <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.