SAMPLE-3

Name: _____

Date: _____

Goal Setting Worksheet-Example

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

My goal is a: ___Long-Term Goal   __X__Short-Term Goal

My goal is to:

> Make my own haircut appointments to become more independent.

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

Date: March 1, 2025

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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 practice (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 or my mom can put it on her 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 or my mom's 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 every one of my goal steps and making sure it is on my calendar or her calendar.

2. I will feel good about myself for scheduling my own appointment and it is something new I am doing to be more independent and self-determined.

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-so I'll talk to my mom about helping me with this.

All Goals should be SMART

- **Specific**: exactly what you plan to do
- **Measured**: you know when you met the goal
- **Ability:** I know I can meet this goal
- **Related**: it is about me and what I want and need
- **Timed**: there is a beginning and ending time for the goal

Types of Goals:
- **Short-term** goals take a few days to 1-2 months to complete
- **Long-term** goals take over 2 months