

GOAL PLAN

Name _____

Date _____

My Goal

I want to start making my own haircut appointments with Katie.

Next Step to Reach my Goal

1. Have my mom help me write down what I need to say to Katie when I call
2. Practice with my mom at least three times going through how I will do the call.
3. Call Katie and schedule the appointment.
4. Put it on my phone calendar with a reminder the day before the appointment
5. Have my mom will put it on her calendar too.

Outcomes

I will learn how to make my own haircut appointments

I will learn how to put an appointment on the calendar

I will make my own haircut appointments from now on

People Who Can Support Me to Reach My Goal

1. My mom can help me write down what I need to say.
2. My mom can practice with me going through the call
3. Can ask my sister to practice calling Katie one time before I call her