

Goal Setting Worksheet

Goal: What do I want to accomplish?

1. What is a reasonable amount of time to accomplish my goal?
2. What resources do I need to accomplish my goal? (e.g., parent support, therapist support, money, materials, training)
3. What steps do I need to take to accomplish my goal?

	Est. Time Required	Completed
Step 1:	_____	<input type="checkbox"/>
Step 2:	_____	<input type="checkbox"/>
Step 3:	_____	<input type="checkbox"/>
Step 4:	_____	<input type="checkbox"/>
Step 5:	_____	<input type="checkbox"/>