

SAMPLE-1

Name: _____

Date: _____

Goal Setting Worksheet-Example

1. My goal (**S**PECIFIC goal you have the **A**BILITY to do and is **R**ELATED to something about you)

My goal is a: ___ Long-Term Goal ___ Short-Term Goal (you may need to break Long-Term Goals into Short-Term goals)

My goal is to:

Make my own haircut appointments to be come more independent.

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

Date: September 1, 2024

3. (**M**EASURED) 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

- **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 1-3 months to complete
- **Long-term** goals take over 3 months