

# SAMPLE-1

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Goal Setting Worksheet-Example

**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 \_\_\_\_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. (TIMED) My goal will be completed by:**

**Date:** September 1, 2025

**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 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 1-2 months to complete
- **Long-term** goals take over 2 months