



My Goals Worksheet

What Does Independence Mean to You?

Prepared by Your Story Community Supports

This worksheet is yours. It's a space to think about what you want from life — in your own words, at your own pace.

There are no wrong answers. Your goals might be big or small. They might change over time. That's okay. The important thing is that your support is built around what matters to **you**.

Fill this in on your own, with a family member, or with your support worker. Bring it to your next planning meeting — it'll help everyone understand what you're working toward.

About Me

My name: _____

Date: _____

The people who support me: _____

One thing I want people to know about me: _____

My Home Life

Think about your daily routines, your living space, and how you feel at home.

What I like about where I live:

Something I'd like to change or improve:

A home goal I'm working toward:

(Examples: cooking a meal on my own, keeping my room tidy, managing my morning routine)

How I'll know I've achieved it:



My Community

Think about getting out and about — the places you go, the people you see, the things you do.

Activities or places I enjoy:

Something new I'd like to try:

A community goal I'm working toward:

(Examples: catching the bus independently, joining a group or club, going shopping on my own)

How I'll know I've achieved it:

My Health & Wellbeing

Think about how you feel physically and emotionally, and what helps you feel your best.

Things that help me feel good:

Something I find challenging about my health:

A health goal I'm working toward:

(Examples: attending all my appointments, exercising more, managing my medication, sleeping better)

How I'll know I've achieved it:

My Relationships

Think about the people in your life — family, friends, housemates, support workers.

People who are important to me:



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Something I'd like to improve in my relationships:

A relationship goal I'm working toward:

(Examples: calling my family every week, making a new friend, setting boundaries, communicating how I feel)

How I'll know I've achieved it:

My Work, Education & Skills

Think about what you'd like to learn, where you'd like to work, or skills you'd like to build.

Skills I'm proud of:

Something I'd like to learn or get better at:

A work or learning goal I'm working toward:

(Examples: volunteering, doing a short course, getting a part-time job, learning to use a computer)

How I'll know I've achieved it:

My Big Picture

If I could change one thing about my life right now, it would be:

In 6 months, I'd love to be able to:

In 12 months, I'd love to be able to:

The most important thing to me right now is:



My Top 3 Goals

Pick the three goals that matter most to you right now. These are the ones your support team will focus on first.

| # | My Goal | By When? | Who Can Help Me? |
|---|---------|----------|------------------|
| 1 | | | |
| 2 | | | |
| 3 | | | |

Notes

Anything else you want your support team to know:

A Note from Our Team

Your goals are the foundation of everything we do. When we know what matters to you, we can build support that actually makes a difference in your life — not just a plan that sits in a folder.

Review this worksheet as often as you like. Goals grow and change, and that's a good thing. Your support worker can help you update it anytime.