Parents as Teachers

My Goal Plan

- Initiating a New Goal -

Name: _____ **Date of Today's Visit:** _____

Form 1:

1. WHAT do I want to accomplish?	
2. By WHEN do I want to accomplish this goal?	
3. How IMPORTANT is it to me to work towards this goal?	1 Not at all 2 3 4 5 Kind of 6 7 8 9 10 Extremely
4. The MOST IMPORTANT reason for reaching this goal is…	
5. What STRENGTHS and RESOURCES do I have that will help me accomplish this goal?	
6. What OBSTACLES could get in the way of achieving this goal?	
7. What WILL I DO if this happens?	
8. Who will SUPPORT me?	
9. REFERRALS made that will help me accomplish my goal:	
10. STEPS to take to accomplish my goal:	STEP 1:
	STEP 2:
	STEP 3:
	STEP 4:

I AM NO LONGER WORKING ON THIS GOAL BECAUSE:	I ACCOMPLISHED IT! ☐
	MY PLANS CHANGED BUT I ACCOMPLISHED…