

Goal Discovery Worksheet

A conversation starter for the person receiving support. Write, draw, point to choices, or ask someone to help record your words.

Name (optional): _____

Date: _____

01 What matters to me

What is going well in my life right now?

What would I like to be different, easier, or better?

02 Where I want to grow

I would like to work on (choose any that fit):

☐

Daily routines

☐

Home / living skills

☐

Health / wellness

☐

Friendships / connection

☐

Work / learning

☐

Getting around

☐

Money / shopping

☐

Speaking up / choices

☐

Something else

My own words or another idea:

03 One goal I want to explore

If I could choose just ONE thing to work toward, it would be:

My Goal, My Next Step

Use this page together to explore what progress might look like. A goal can change as the person learns more about what works.

04 Why this goal matters

This goal matters to me because:

05 What support would help?

Things I can already do or strengths I can use:

Help, tools, or changes that might make this easier:

06 Choose a first step

One small step I want to try:

When I want to try it: _____

Who (if anyone) can help: _____

CHECK BACK TOGETHER

What did I try? What worked? What should we change?

Review date: