



Goal Plan

Use this as a facilitation guide to complete the Goal Plan tool, or to help someone else complete it. The questions below can be used as prompts to help you arrive at answers. Focusing on one column at a time may also help. We encourage you to share your finished Goal Plan with others!

My Goal

- What is one of my goals?
- What is something that I want to do?
- Where is a place I want to go?
- You can write a goal to reach soon or several months or years away.
- Pick one goal to start with.

Outcomes

- How do you know you have reached your goal?
- What are some results of getting this goal done?
- How will I benefit from finishing this goal?
- What are some new things I can do after attaining this goal?

Next Steps

- What do I need to do to reach my goal?
- If I were to break my goal into pieces, what would those pieces be?
- What is one thing I can do today that gets me closer to my goal?

People Who Can Support

- Who are the people in my life who can help me reach my goal?
- Which step of my goal can each person help me with?
- Who will encourage me to reach this goal and check to be sure I made it?

