



Writing Your Script Goal Setting Worksheet

Directions: Complete the following questions on setting goals then give the last sheet to the facilitator so that we can mail your goals back to you in six months to see how you are doing.

Assessing Your Goals

What are your strengths?

What are your weaknesses?

What accommodations will you need to accommodate your disability?

What are important dates/milestones you need to complete to reach your goal?

Setting Your Goals

What is your end goal?

When do you want to achieve this goal by?

How are you going to achieve this goal?

Steps to complete your goal?

List at least 5 steps to achieve your goal?

✓

✓

✓

✓

✓



Who are the people that you will need to assist with your goal?

**List at least 5 people or organizations to achieve your
goal (use you “Safety Rope” handout)?**

✓

✓

✓

✓

✓



Goal Setting Check-Up

How are you doing in achieving your goals?

Give this one page back to the facilitator. We will send this sheet back to you to see how you are doing.

Name:

Email:

Mailing Address:

List one step to achieve your goal and your long term goal

Long Term Goal:

1st Step to Achieve Your Goal: