



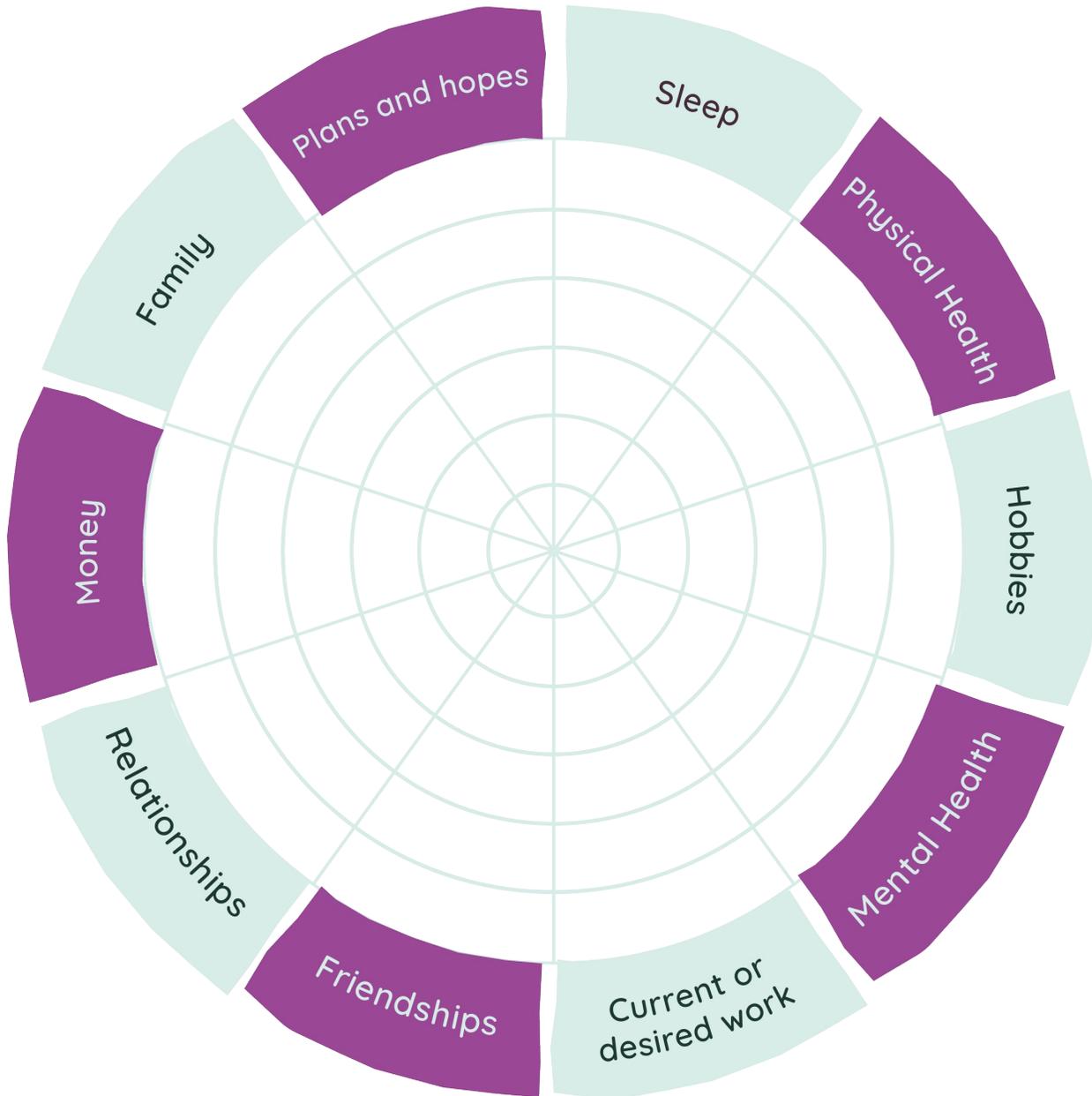
My Goals

Explore what support should focus on and how you can work towards your goals

My Goals

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Wheel of life



The segment of the wheel I am most happy with:

The segment of the wheel I would most like to work on:





Wheel of life

When to use this tool

- To reflect on what areas of your life are going well and which could be even better.
- Before deciding on a goal.
- To decide which goal would make the biggest difference.

How would you use this tool

1. Score how you are feeling on each segment of the wheel from 0 (very poor) in the centre to 5 (very good) on the outside.
2. Use the questions to think about **why** things are going well and what could make things even better.

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MY GOALS

Wheel of life

The segment of the wheel I am most happy with:

Family, I really enjoy spending time with them

Plans and hopes, I feel good about my part time job and in the future wants to increase my hours

The segment of the wheel I would most like to work on:

I would like to get into a better sleeping patterns

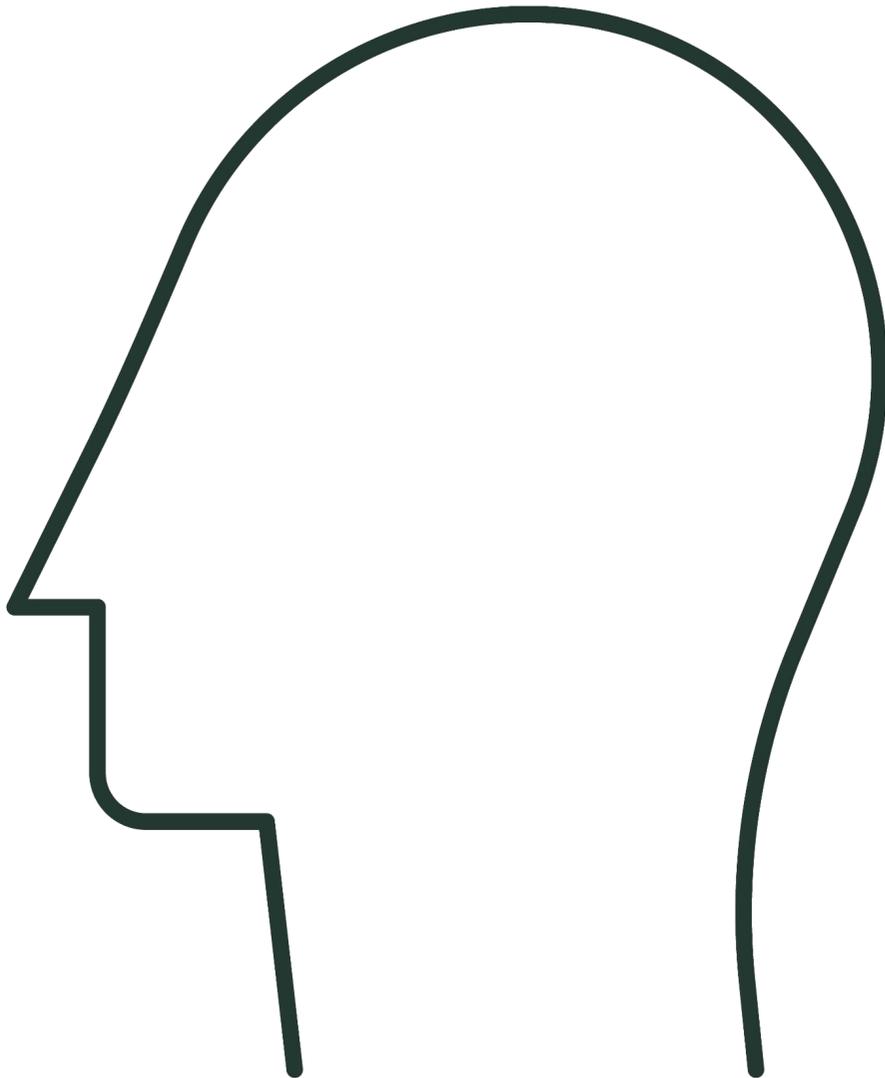
I would like to build number of friendships

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What's on my mind?

Lots on your mind?

Use this card to put your thoughts down.



What would you like to focus on first?





What's on my mind?

When to use this tool

- To sort out your thoughts. This can be used as a “brain dump” to help you put all of these thoughts onto paper and then to tackle them one by one.
- To help your key worker understand the different things that are troubling you or are important to you.

How would you use this tool

1. Write down or draw the different things that are on your mind. This can be anything from “I need to pay that bill” to “I worry I’ll never get better”.
2. You can then identify which 3 things you are going to focus on first.
3. Consider if you need support with any of these things and who would be able to help.

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MY GOALS

What's on my mind?

Lots on your mind?
Use this card to put your thoughts down.

What would you like to focus on first?

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Hopes for the future

What would you like your future to be like?

Hopes for the next year

Where would you like to see yourself next year?

Hopes for the next few weeks

What immediate changes would you like to see in your life?



Hopes for the future

When to use this tool

- To think about the big picture before identifying what your goals are.
- To help share your story with others

How would you use this tool

Write down or draw what your immediate hopes are and your hopes for the next year.

Start wherever you like.

MY GOALS 

Hopes for the future

What would you like your future to be like?

Hopes for the next year
Where would you like to see yourself next year?

I would like to go back to work

I want my daughter to be happy

I want to spend more time with my family

I want to strengthen relationships with my brother

Hopes for the next few weeks
What immediate changes would you like to see in your life?

I want to find a volunteer role to ease back into work

I want to write by brother a letter as a good first step

I want to find a good school for my daughter


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Help to find a goal

Thinking about possible goals for me

Who could you talk to that knows you well who could give you ideas for goals?

What activities could you try that might help you identify a goal?

If you could change just **one small thing**, what would it be?

What would make a **big difference** to your life?





Help to find a goal

When to use this tool

To help you if you are finding it hard to identify goals.

How would you use this tool

Use the questions to help you think more about your goals.

See if the questions suggest any actions you could take to help you identify goals.

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Help to find a goal

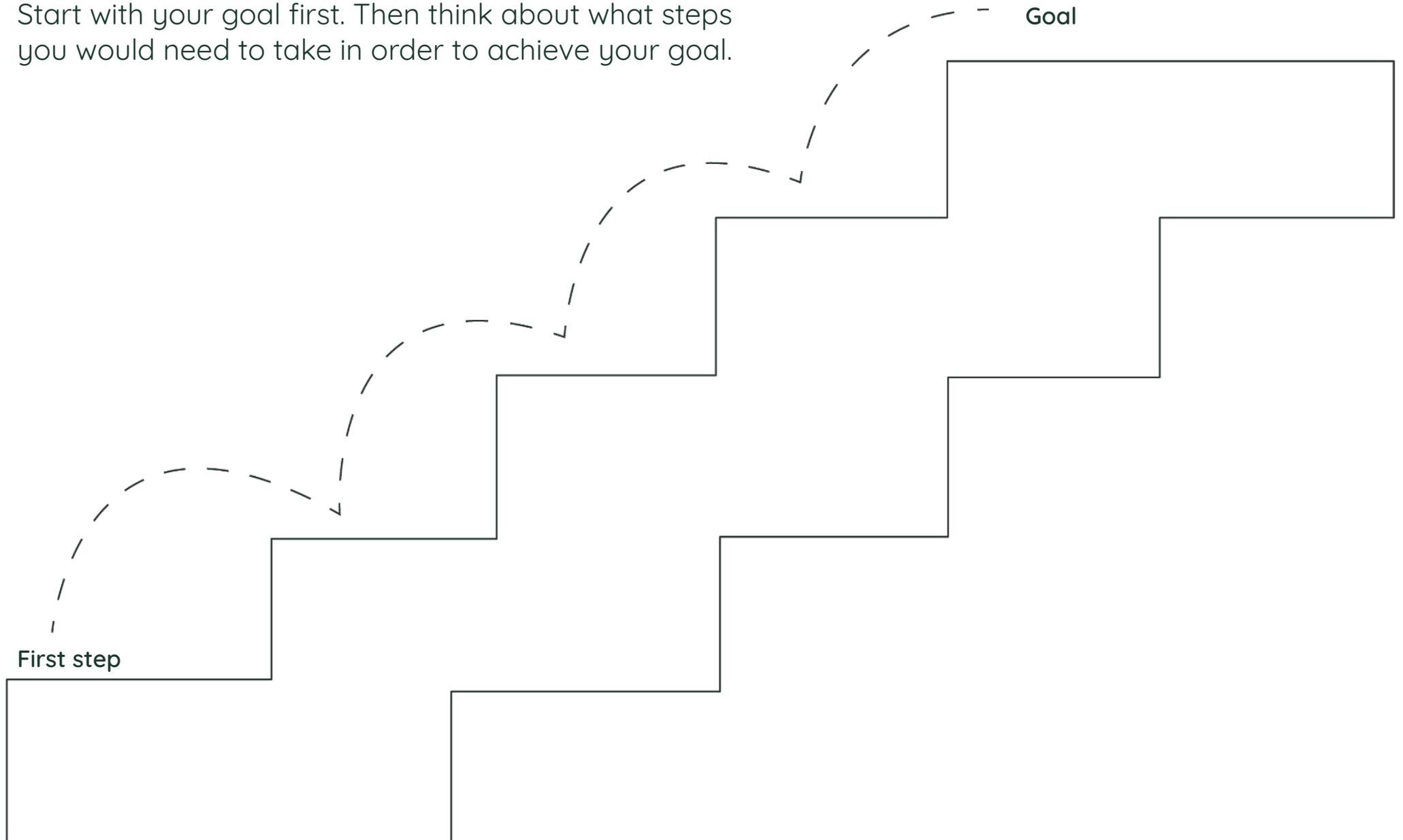
Thinking about possible goals for me

<p>Who could you talk to that knows you well who could give you ideas for goals?</p> <p style="text-align: center; margin-top: 20px;"><i>My mum and my friend Peter</i></p>	<p>What activities could you try that might help you identify a goal?</p> <p style="text-align: center; margin-top: 20px;"><i>Go to an art group and a sports group to find something to do I enjoy and meet more people</i></p>
<p>If you could change just one small thing, what would it be?</p> <p style="text-align: center; margin-top: 20px;"><i>Having more structure to my week</i></p>	<p>What would make a big difference to your life?</p> <p style="text-align: center; margin-top: 20px;"><i>Finding the right balance of medication</i></p>

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A plan for achieving my goals

Start with your goal first. Then think about what steps you would need to take in order to achieve your goal.



A plan for achieving my goals

When to use this tool

- After identifying a goal
- To help you think about what you can do to achieve this goal

How would you use this tool

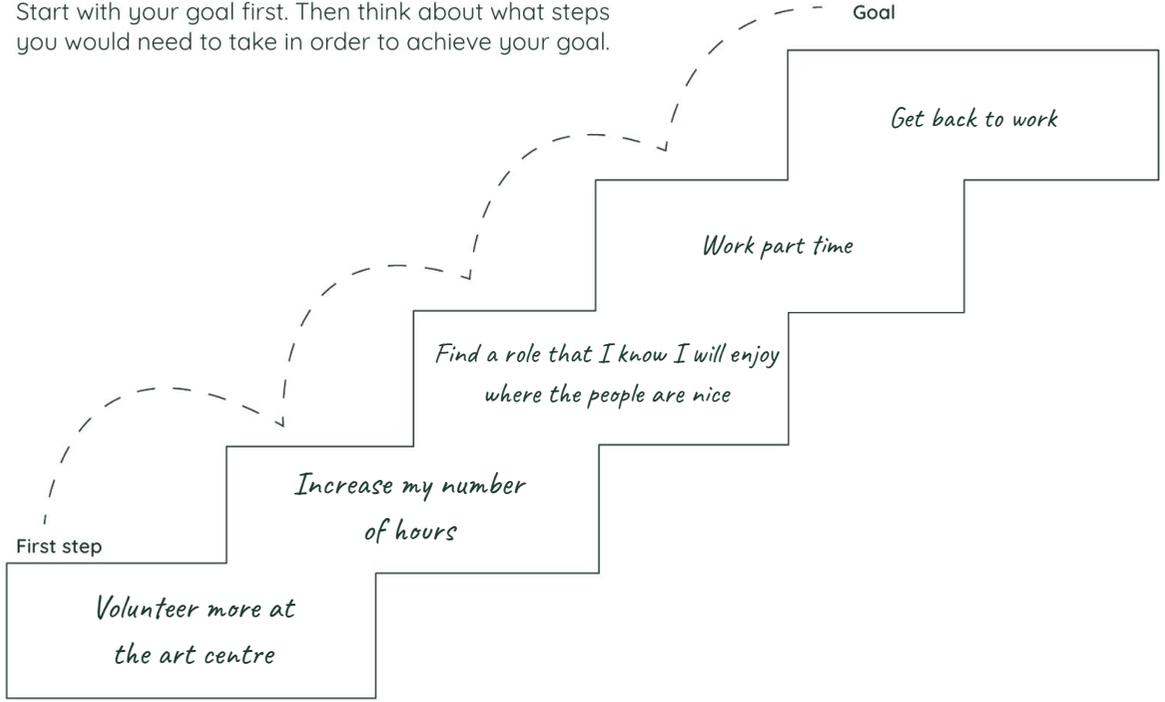
1. Identify what your long term goal is first.
2. Then think about what steps you would need to take in order to achieve this goal. You can either work backwards, or go back to the beginning and work forwards.

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MY GOALS 

A plan for achieving my goals

Start with your goal first. Then think about what steps you would need to take in order to achieve your goal.



Goal

Get back to work

Work part time

Find a role that I know I will enjoy where the people are nice

Increase my number of hours

Volunteer more at the art centre

First step

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