

GOAL SETTING JOURNEY

01 CHOOSE / FIND YOUR DIRECTION

A goal is a direction, not a measure of your worth.

Choose something meaningful to you. It can be small, flexible and different from what other people expect.

What is a goal I would like to move towards?

Why does this matter to me? Which values or needs connect with it?

What would meaningful progress look like in everyday life?

MY GOAL COMPASS

Importance: 0 1 2 3 4 5 6 7 8 9 10

Confidence: 0 1 2 3 4 5 6 7 8 9 10

GOAL SETTING JOURNEY

02 PLAN / MAKE IT MANAGEABLE

Smaller steps are not lesser steps.

You may choose a date, change a date or leave it open.

STEP 1

Action:

When (optional): _____ Support needed: _____

STEP 2

Action:

When (optional): _____ Support needed: _____

STEP 3

Action:

When (optional): _____ Support needed: _____

STEP 4

Action:

When (optional): _____ Support needed: _____

What is the smallest possible first action I could try?

A GENTLE START

If starting feels difficult, shrink the task until it feels possible.

Examples: open the document; find a number; ask one question;
set out materials; spend two minutes exploring options.

GOAL SETTING JOURNEY

03 SUPPORT / ANTICIPATE BARRIERS

What might make this goal harder?

- ☐ Fatigue or fluctuating energy
- ☐ Time or competing demands
- ☐ Executive functioning or task initiation
- ☐ Sensory or environmental barriers
- ☐ Anxiety, uncertainty or perfectionism
- ☐ Accessibility, communication or practical needs

Other barriers specific to my circumstances:

Adjustments, tools or people that could help:

If the plan becomes too much, I can make it easier by:

ACCESSIBLE PLANNING MATTERS

Rest, communication aids, flexible time and asking for support are valid parts of progress. They do not need to be earned.

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04 PROGRESS / REVIEW AND RESET

Progress can be quiet.

Trying, pausing, adapting and returning all provide information.

A step I tried or completed:

Something I learned about what helps:

A difficulty I met and how I responded:

The next smallest useful step (if any):

MY REVIEW DECISION

☐ Continue

☐ Make it smaller

☐ Pause

☐ Change direction

One thing I want to acknowledge:

A message from Maggie

Your goal may change as your life changes. That is not failure.
Keep your eyes on the direction and the step underneath your feet.