

## GOAL SETTING WORKBACK PLAN

<b>MY FUTURE VISION:</b> <b>Hopes/ Dreams</b> <i>School, Work, Sports, Fitness,                      Health, Volunteer, Relationships</i>	<b>WHAT WOULD BE DIFFERENT FROM NOW?</b> <i>(what would you have, do, feel?)</i>	<b>What Skills do I already have to accomplish my vision?</b>	<b>What Skills do I need to gain or improve?</b>	<b>GOAL</b>	<b>How to gain Skills:</b> <b>Educational or Other</b> <i>(be specific)</i>	<b>When to do this?</b>	<b>How often will I practice?</b>	<b>Who will support me?</b>
				1				
				2				
				3				
				4				
				5				