

Benefits of working towards goals by doing an Action Plan you put in place

1. Gives you a firm target to work towards;
2. Helps you be a better problem solver and find good options;
3. Helps reduce your stress;
4. Helps you find more services available to you;
5. Helps your entire family benefit from a good solution; and,
6. Helps you become a stronger advocate for your child.

1 Task you want to accomplish & Goal

2 What do you want to happen in the next 6 months, or less? Write a 1 or 2 sentence description of the goal for this task. If a miracle happened today, what would that be?

3 What's happening now related to this problem or situation? Write a 1 or 2 sentence description of what is currently happening related to this task.

4 What support resources are available to reach this goal? Brainstorm all possible resources.

5 What specific Action Baby Steps will you take to accomplish the task? List 3 steps you will take tomorrow.

1. _____
2. _____
3. _____

6 Who will help you and what will they do so you can achieve your goal?

Family signature _____ Helper signature _____ Date _____

Family Copy