



My goals

It can help to think about what is important to you - a personal goal or to help maintain your health – and then plan how to achieve it. What do you want to do?

- to be able to go for a walk around your local park?
- to visit someone in your family who lives far away?
- to find out about a power of attorney or talk to someone to plan for the future?

Tip: Stay motivated by thinking **why** you want to do this. When you succeed, give yourself a big pat on the back and think about another goal.

What is important to you?

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My goal is

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I would like to do this by (date)

Who can help me?

.....
.....

Steps I will take to make this happen

Step 1

.....
.....

By

Step 2

.....
.....

By

Step 3

.....
.....

By