# **My Goal Pathway**

**Part 1: Problems Activity**

**My Goal Statement:**

**Can you think of any problems that might come up as you work towards your goal?**

**List them, and think about what type of problem they are (personal, other people, environmental).**

**Possible Problems:**

**1.**

**2.**

**3.**

**4.**

**5.**

# **My Goal Pathway**

**Part 2: Your Supports**

**Think about each problem you listed.**

**Are there people, places or things in your life that can help you if you face these problems?**

**How can they help?**

**My Supports:**

**People (peers, friends, family, doctor, counselor, pastor, coach, teacher):**

**Places (CIL, accessible gym, library, community center, church):**

**Things (assistive or adaptive technology, helpful books, service animal, apps):**

**Support I May Need:**

# **My Goal Pathway**

**Part 3: Your To-Do List**

**Now, choose one problem you think you might need to address as you work towards your goal, and write it below:**

**Solvable Problem:**

**Practice breaking your problem down into a to-do list.**

**What steps can you take to solve the problem?**

**Who or what can support you as you take these steps?**

**My to-do list:**

**1.** **Deadline 1:**

**2.** **Deadline 2:**

**3.** **Deadline 3:**

**4.** **Deadline 4:**

**5.** **Deadline 5:**

**As you continue to work towards your goal, return to this worksheet and the Building Support session to help you think creatively to solve problems.**