

# 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 below, 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:

Deadline

1.

2.

3.

4.

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.