

It can sometimes be hard to think about goals. Start by focusing on small steps and short-term goals. These might be things you can work towards during the time of your next plan.

Use these questions to start thinking about goals:

- When you think of yourself being happy and living a good life, what comes into your mind? What do you see? Does anything need to change so that you can have that life?
- How do you see the future, how would you like things to be?
- What is working well in your life now? How do we keep these things happening?
- What is not working well in your life now? What needs to happen to change this? How do you think we could improve the situation?
- What is the most important thing to you right now?
- What do you see your life looking like by Christmas time, or your next birthday? What would be different from now?
- What are your future hopes for work or study?
- Are you working now?
- Are you looking for a job?
- Are you in your final year of school and thinking about what type of job you might like?
- Are you thinking about different pathways to finding a job that involve:
  - education, vocation or training courses
  - community participation
  - volunteering
  - new skills, such as learning to use public transport, managing daily activities and routines, improving understanding of social cues
- What are your future hopes for getting involved in social and community activities?
  - Are you involved in social and community activities now? For example, playing sport for your local club
  - Do you want to be more involved?
- What are the things you would most like to change in the future?

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