

## **DAILY GOAL SETTING**

### **DAYS 1-10**

**THESE GOALS ARE REALLY IMPORTANT FOR THE TRANSITION TO ADULTHOOD!**

**SETTING GOALS IN GENERAL IS A PART OF BEING AN ADULT!**

We should always be challenging ourselves because that is the beautiful part about life. We can always keep learning things and keep reaching for the next step.

With each of these goals think simply for the overall goal but put time into thinking about the objectives and who we will need help from. We all need help from people so be honest in those sections about who will help those things happen. These have to be realistic. Higher level goals such as specific careers require college and college requires hard work now. Those should be listed as objectives.

Roadblocks are also a part of life, such as the one we are in right now. We need to recognize that things might happen to delay the goal but then what do we do? What are ways we can move around the roadblock or how to we modify the goal to make it work?

Let's say we are going with an occupational or work goal.

The goal would be: to get a paid job.

The objective would be: to go through internships, to complete applications, to go on interviews

Who will help: school, parents, job coach, etc

What are possible roadblocks: the job was given to someone else

How to get around the roadblock: search for another job

These can be tricky... feel free to email me with questions

Dr. Hall

Day 1

OCCUPATIONAL		
LONG TERM GOAL	To obtain a paid position (Where? If you don't know just write down some thoughts)	
OBJECTIVES	1.	
	2.	
	3.	
Who will help with goal?		
Potential roadblocks:		
Ways around roadblock or ways to modify the goal if needed:		

## DAY 2

<b>RESIDENTIAL</b>		
<b>LONG TERM GOAL</b>	Where do you want to live in the future? Alone? With a roommate? Home? In what area? In what type of setting?	
<b>OBJECTIVES</b> Don't forget you need money, you need to know how to take care of your daily needs, etc	1.	
	2.	
	3.	
Who will help with goal?		
Potential roadblocks:		
Ways around roadblock or ways to modify the goal if needed:		

### DAY 3

EDUCATIONAL		
LONG TERM GOAL	Do you want to go on to college, certificate program, educational program or learn a trade that requires instruction? This goal might even be to just research what is out there.	
OBJECTIVES Don't forget you need to apply, you need things to have to apply, you need to register, etc.	1.	
	2.	
	3.	
Who will help with goal?		
Potential roadblocks:		
Ways around roadblock or ways to modify the goal if needed:		

## DAY 4

DAILY LIVING SKILLS		
LONG TERM GOAL	What are your goals about being independent in your day to day life? Skills you need to live independently.	
OBJECTIVES Think: cooking, cleaning, money, self-care, etc.	1.	
	2.	
	3.	
Who will help with goal?		
Potential roadblocks:		
Ways around roadblock or ways to modify the goal if needed:		

DAY 5

HEALTH / FITNESS / WELLNESS		
LONG TERM GOAL	The goal would be to stay healthy.	
OBJECTIVES What do we need to do? Exercise goals, nutrition, mental health such as meditate, therapist, medication for some, etc. Be specific for each objective.	1.	
	2.	
	3.	
Who will help with goal?		
Potential roadblocks:		
Ways around roadblock or ways to modify the goal if needed:		

## DAY 6

TRANSPORTATION		
LONG TERM GOAL	How do you want to travel? Do you want to walk more? Get your driver's license? Take NJ TRANSIT? Take Access link?	
OBJECTIVES What are 3 things that will help you achieve that?	1.	
	2.	
	3.	
Who will help with goal?		
Potential roadblocks:		
Ways around roadblock or ways to modify the goal if needed:		

## DAY 7

SOCIAL (FRIENDS)		
LONG TERM GOAL	To make or maintain friendships	
OBJECTIVES Staying friends takes some effort, especially when we won't see each other every day at school. What do you need to do to keep those friendships?	1.	
	2.	
	3.	
Who will help with goal?		
Potential roadblocks:		
Ways around roadblock or ways to modify the goal or objectives if needed:		



## DAY 8

<b>SOCIAL (FRIENDS)</b>		
<b>LONG TERM GOAL</b>	To make or maintain friendships	
<b>OBJECTIVES</b> Staying friends takes some effort, especially when we won't see each other every day at school. What do you need to do to keep those friendships?	1.	
	2.	
	3.	
Who will help with goal?		
Potential roadblocks:		
Ways around roadblock or ways to modify the goal or objectives if needed:		

## DAY 9

SOCIAL (HOBBIES)		
LONG TERM GOAL	<p>We need healthy hobbies other than screen time, such as tv, movies, social media, video games, and phones.</p> <p>Develop healthy hobbies</p>	
<b>OBJECTIVES</b> What are some things you want to learn or do regularly and how will you learn them and keep doing them regularly?	1.	
	2.	
	3.	
Who will help with goal?		
Potential roadblocks: <div style="border: 1px solid black; height: 100px; width: 100%;"></div>		
Ways around roadblock or ways to modify the goal or objectives if needed: <div style="border: 1px solid black; height: 100px; width: 100%;"></div>		

## DAY 10

VOLUNTEER		
LONG TERM GOAL	<p>So many people have dedicated their time to helping Springboard give our students great opportunities. It is our responsibilities to provide this to others in some way.</p> <p>What would a goal be? The overall goal can be to volunteer but where would you want to do that?</p>	
<b>OBJECTIVES</b> What do you do to volunteer? Examples: find opportunities, what are the requirements, how do you sign up?	1.	
	2.	
	3.	
Who will help with goal?		
Potential roadblocks:		
Ways around roadblock or ways to modify the goal or objectives if needed:		