

Tips for setting goals

A goal is something you want.

You need to **take action** to make a goal happen.

Here are some tips for thinking about goals.

- You can have goals that are easy to reach.
- You can have goals about lots of parts of your life.
- You can have goals that take a long time to reach and that will impact on your future.



But how do you decide goals?

You can start by thinking about what you need to **live a good life**. You can think about your dreams, or what you would love to happen in your life.

Make a list here

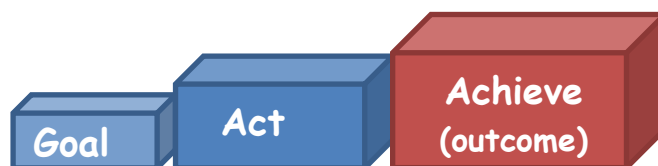
Do you have things in your list about:

- volunteering or working in a job where you are paid
- learning at TAFE or somewhere else
- where and how you live
- doing things in your local area
- staying healthy
- doing more things you love like a hobby
- having a holiday
- trying something new
- meeting more people



Now you have your list you can say what you want to act on.

What you act on is a goal.



Think about the steps you can take to get your goal. Think about who can support you to do the steps to achieve your goal.

It could be family and friends.

It could be a service provider like The Junction Works.

Here is an example.

Jake's goal is to get healthier by doing exercise.

One step is to do boxing each day for 20 minutes. Jake does this with John who lives next door.

When Jake does boxing he knows he is taking the step he said.

He can see his doctor to check if he is healthier.



Here is another example.

Frank has a goal of making things with wood.

Frank and John make things with wood every 2 weeks.

Frank helped John make a fence with wood.

He can show he has reached his goal.



Your goals may change as you do. When you set and reach goals you take control of your life. What an achievement!