

My goals

| ACTIVITY | GOALS | CHECK |
|---------------------|--|-------|
| Daily grooming | I want to brush my teeth every day. | |
| | I want to shower regularly. | |
| | I want to wear clean clothes and smell good. | |
| | I want to _____ | |
| Independent living | I want to keep my room clean and organized. | |
| | I want to take better care of my things. | |
| | I want to do my own laundry. | |
| | I want to live on my own. | |
| | I want to manage my own money. | |
| | I want to cook for myself and the family. | |
| | I want to _____ | |
| Leisure activity | I want to do something fun every day. | |
| | I want to take up a hobby. | |
| | I want to have something to talk about. | |
| | I want to _____ | |
| Social activity | I want to meet new people. | |
| | I want a girlfriend or boyfriend. | |
| | I want to go places with my friends. | |
| | I want my friends to come over more. | |
| | I want to _____ | |
| Meaningful activity | I want to get a job. | |
| | I want to volunteer. | |
| | I want to take a class. | |
| | I want to complete high school education. | |
| | I want to follow a routine. | |
| | I want to help around the house. | |
| | I want to _____ | |