Goal-setting *worksheet*

Turn big hopes into NDIS goals your team can plan supports around.

For participants and practitioners



What matters to me

What do I love doing, or want to do more of?

What would make an ordinary week better?

What do I want to be able to do by myself?

Turn it into a goal

I want to … (the goal in my words)

So that … (why it matters)

I'll know it's working when … (what changes)

Supports that could help

Skills I could build (therapy, training, coaching).

Help I need day to day (support workers, equipment).

People already helping (family, friends, community).

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