

## **TIPS FOR SETTING GOALS**

Setting goals is an important part of helping you reach independence in your medical care. As you work with your health care team and parents/caregivers to set goals, be thinking about the following:

**My health care goal is:**

**What information do I need to reach my goals?:**

**Things I will need to do to reach my goals:**

**Problems I may have when trying to reach my goals or things that may make it difficult for me to reach my goals:**

**In order to succeed, I am going to ask for help from the following people:**

**What can I begin doing tomorrow to work toward my goals?:**