

## Workbook 4

my **choice** matters

A project of Council for Intellectual Disability

Living Life  
My Way

# Setting goals



Thinking about what you want





**My name**

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**Where I live**

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**My phone number**

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This book talks about having goals and getting your dreams.



You can use this book

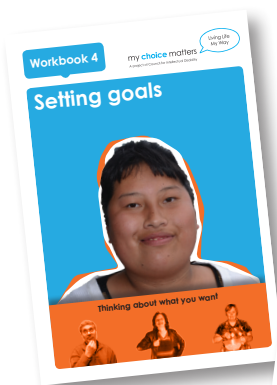
- by yourself
- with your family
- with a friend
- with a group of people.



**There are 3 books that can help you with your dreams and goals.**

They are called

- Workbook 4 - Setting goals about anything
- Workbook 5 - My goals about where I live
- Workbook 6 - My goals about where I work





A goal is something that you want to happen.



You can have goals about lots of parts of your life.



You can have goals that are easy to reach and goals that take a long time.





Your goals should be about the things you care about.



They should be about to your

- interests
- skills
- people that matter to you.



People have different interests.

People love doing different things.

Here are some ideas about what people love doing.

**Tick the things if you love doing them too.**



**Kate loves painting**

☐

**Don loves working  
on his car**

☐

**Ameem loves learning  
new things**

☐

**Tina loves playing  
with her friends**

☐

**Jack loves his job**

☐

On page 4 you saw some things people love doing.

What things do you love doing?

You can write or draw your answer below.

A large white rectangular area for writing or drawing, framed by a blue header. The header contains five white icons: a person fishing, a person running with a ball, a person dancing with musical notes, a person walking a dog, and a person playing a guitar. The main area is empty, providing space for the user's response.

What are you good at?

Everyone has different skills.

Here are skills some people have.

Tick any of the skills you have, too



**Tanya is kind**

☐

**Lisa is a good listener**

☐

**Bob is good at making things**

☐

**Donna is good with numbers**

☐

**Jill and Frankie are good at speaking up**

☐

On page 6 you saw some things people are good at.

What things are you good at?

You can write or draw your answer below.

A large white rectangular area for writing or drawing, framed by a blue header. The header contains five white icons: a person pushing a shopping cart, two people with speech bubbles, two people shaking hands, a paint roller, and a person cooking at a stove. The main area is a large white rectangle with a thin black border, intended for the user's response.

Here are some ideas about what people say about having relationships.

Tick any of the things you want for relationships.



**Leigh hopes to have a family**

☐

**Jan wants to spend time with her friends from school**

☐

**Frank wants to spend more time with his sister**

☐

**Willow wants a boyfriend**

☐

**Andrew hopes he will make new friends**

☐



On page 8 you saw some things people want from relationships.



What do you want from relationships?

You can write or draw your answer below.

A large white rectangular area for writing or drawing, framed by a blue header. The header contains five white icons: a person pushing a shopping cart, two speech bubbles above two people's heads, two people shaking hands, a paint roller, and a person cooking at a stove. The main area is a large white rectangle with a thin black border, intended for the user's response.

# What are my hopes and dreams?



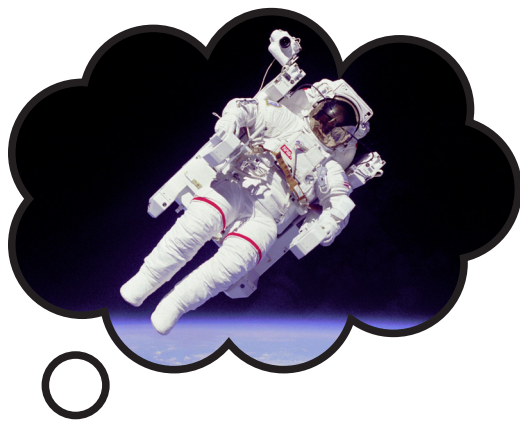
What do you want to happen in your future?

What are your hopes and dreams?



Some people find this question hard.

Some people find it easy.



Your hopes and dreams can be as **big as you want**.

They can be about **anything** you want to do.



You can get ideas from lots of places.



You can talk to people who care about you to get ideas.



You can look back in this workbook to find your

- interests
- skills
- relationships.



You can look back to the workbook called **What will give me a good life? What are my needs and dreams.**

You answered questions in that workbook about different parts of life that matter to you.



There are some ideas about the hopes and dreams of other people on page 12.

Different people have different hopes and dreams.

Here are some ideas about what people hope for.

**Tick any of the things you hope for your future.**



**Graham hopes to travel  
the world**

☐

**Shane hopes to get a job  
with animals**

☐

**Donna hopes she will get  
skills to work with wood**

☐

**Tracey would like to move  
from her family home**

☐

**Charles hopes he will  
start to do more things  
he enjoys**

☐

Look back to everything you have said about your hopes and dreams.



What are your hopes and dreams?

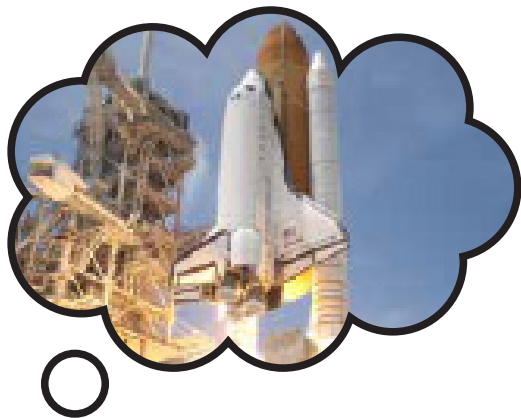
You can write or draw your answer below.

A large white rectangular area for writing or drawing, enclosed in a black border. Above this area is a blue header bar containing six white icons: a person sitting at a desk with a computer, a house, two people standing together, an airplane, a palm tree on an island, and a person kneeling next to a dog.

# Working out your goals



It is OK to have dreams that do not have all the details worked out.



Some dreams may even stay as dreams. You may never do them.



**Goals** are different to dreams.



**Goals** are things you act on.

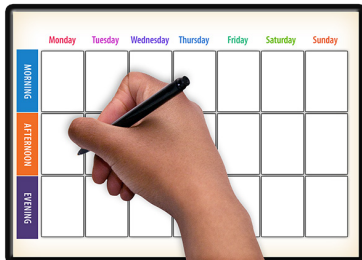




Goals should be clear.



Goals should be able to be measured.



Goals should be able to be done by a date you say.



Goals should be about something you need or want.

# Georgia's goal



Georgia wants to work in a flower shop.



Georgia can do steps to reach her goal.

Like doing a course about flowers.

Or doing work experience in a flower shop.



Georgia can say a date when she wants to be working in a flower shop.



If she is working in a flower shop, by the set date she has reached her goal.

If she is not, she can think about her goal again.

## Frank's goal



Frank has a goal of making things with wood.



One step is to get tips from his brother John.



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.

# What goals matter most to me?



Some of your goals may be the same as people you know.

Some goals may be different.



Your goals may change and grow as you do.



It can be hard to work out which parts of life you want to set goals in.

It can help to think about the parts of life that matter most to you.

# What matters most to me now



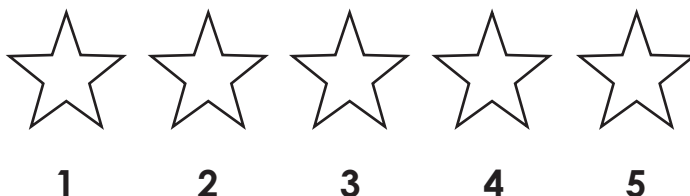
Say how important these areas of life are to you.

**1 star** means it does not matter much.  
**5 stars** means it matters a lot.

You can colour in the stars.  
Or draw a circle around your score.



People in my life



Where I live



My work





# What parts of my life matter to me now?



What I do for fun

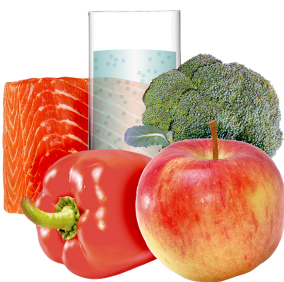


Chances to learn new things



Being able to contribute

Like helping other people



Being healthy





On pages 19 and 20 you said the parts of your life that matter to you now.



Are there other things in your life that matter to you?

You can write or draw your answer below.

A large white rectangular area for writing or drawing, framed by a blue header. The header contains five white icons: an apple and a pear, a person helping another person, a person wearing a graduation cap, a house, and a person riding a horse. The main area is empty, providing space for the user's response.

# Setting goals



Look at your dreams on pages 12 and 13.



Look at the things in your life that are most important to you now on pages 19, 20 and 21.



Choose 1 area of life to set a goal.



There is a space to practice thinking about a goal on page 23.

# My goal



Think about something you want to happen in your life.

Think about a goal to make it happen.

You can write or draw your answer below.

The area of my life that matters to me is...

My goal is

My goal will be reached when I do this thing

My goal will be done by this date

I want to reach my goal because

Think about what you have said in this workbook.

What have you found out about goals?

Say 2 things you have found out about goals.

You can write or draw your answer below.



**1.**

**2.**

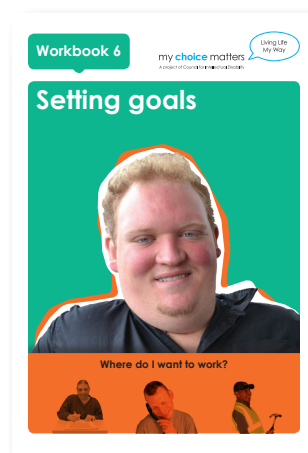
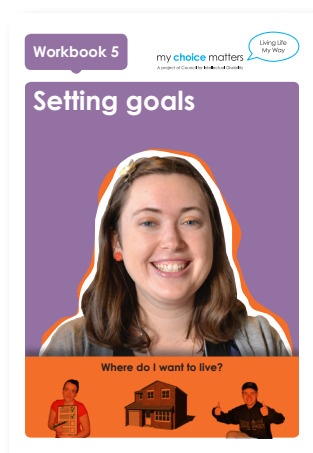
**Extra notes or ideas you may have**

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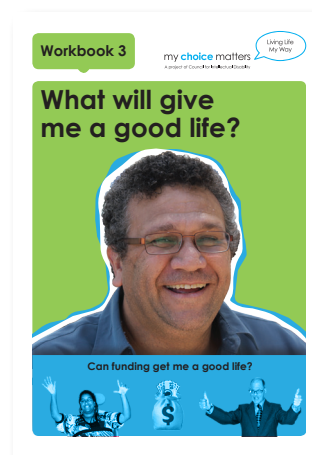
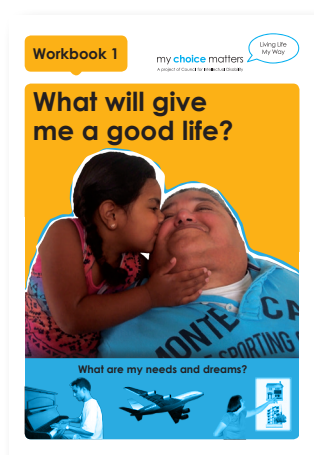


# Do you want to know more?

You can get ideas from these books about goals.



You can get more ideas from these books about good life.



You can contact **Council for Intellectual Disability**.

The ways you can contact us are on the last page.

# Ways you can contact us



## Council for Intellectual Disability

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my **choice** matters

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My Way



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Intellectual Disability



This book was made by **My Choice Matters**  
a project of Council for Intellectual Disability.





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