



Goal setting cards for teens and adults

This printable set contains 112 cards, each reflecting a different skill or activity. Also included are cards designed to help adults sort the cards into groups based on strengths and challenges, and/or based on how important learning or managing the skill is to them. Great for use by occupational therapists, psychologists, other allied health professionals and educators for practical activities to help people explore their strengths and to set client-centred goals for therapy.

This is an adaptation of our children's goal setting card set, using images more suitable for adults, and including additional activities, for example around employment, managing finances, sexual expression, and caring for others.

Believe and Become, through the REACH UP initiative, is proudly delivering projects for the Peer Support and Capacity Building (PSCB) grant for the NDIS, including this free resource.



Asking for help



Managing my
energy levels



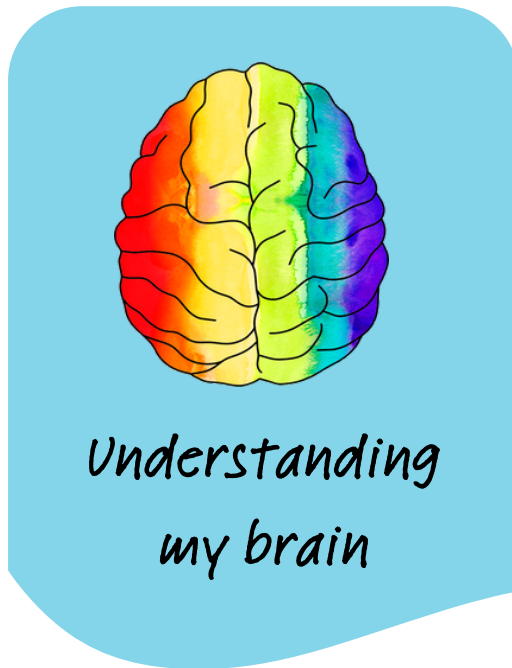
Managing my
stress levels



Using regulation
tools



Understanding
and meeting my
sensory needs



Understanding
my brain



Self-confidence



Advocating for
my needs





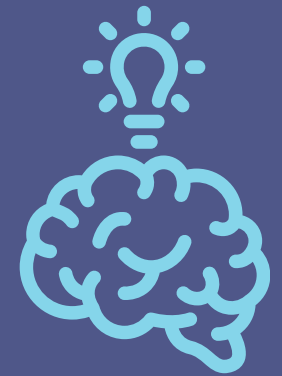
Understanding
myself



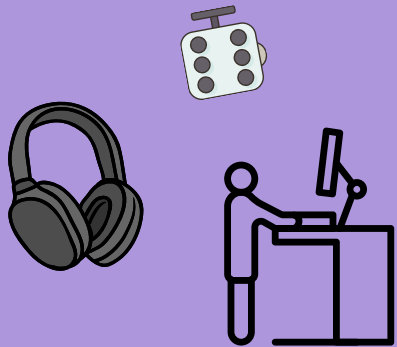
Understanding my
emotions



Talking about my
feelings



Understanding
how I learn best



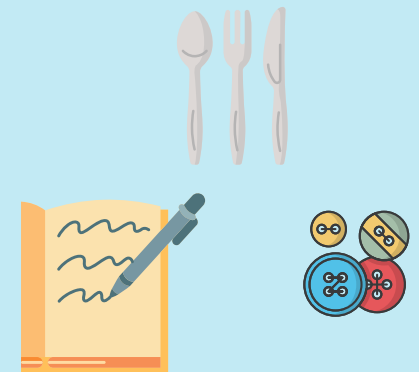
Asking for
accommodations



Knowing and
living my values



Gross motor
skills



Fine motor skills





Managing daily
routines



Getting dressed



Showering or
bathing



Managing bedtime
and sleep



Rest and
relaxation



Eating a variety of
foods



Eating nutritious
foods



Looking after my
hair





Looking after my
teeth



Managing
personal hygiene



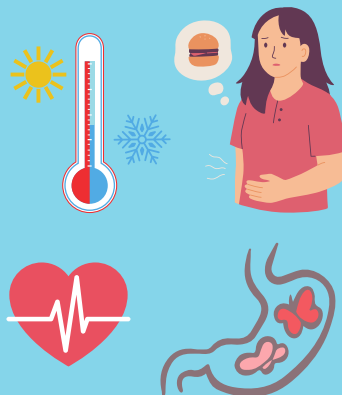
Using the toilet



Accessing health
services



Attending
appointments



Understanding
my body cues



Preparing a snack
or meal



Exercising





Managing my
mental health



Managing my
physical health



Playing sports



Taking
medication



Cooking



Baking



Cleaning



Dishwashing





Laundry



Gardening



Managing lawns



Completing minor repairs



Organising repairs and maintenance



Paying bills



Caring for pets

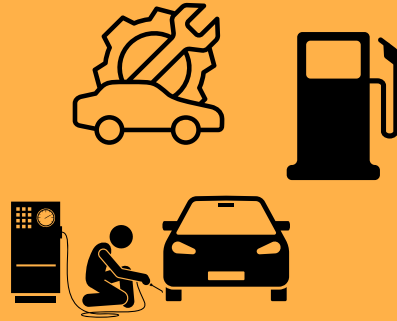


Caring for others





Grocery
shopping



Looking after a
car



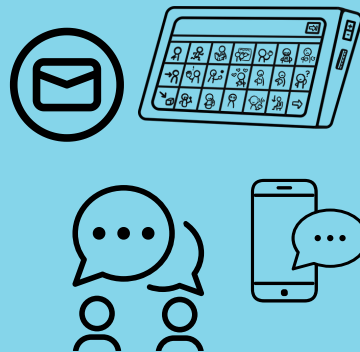
Making and
keeping friends



Solving conflicts and
misunderstandings



Communicating
with people I know



Communicating
with new people



Communicating
by phone



Communicating
by email





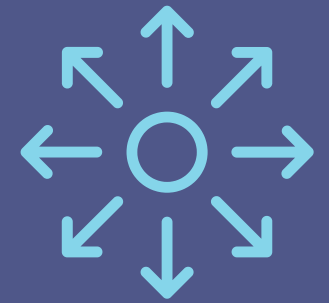
Understanding
others



Getting along
with family



Leisure activities
and hobbies



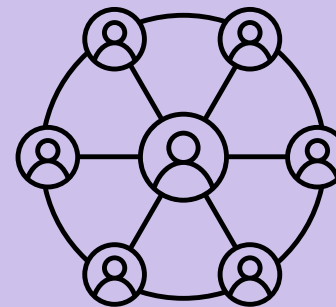
Trying new
activities



Going new places



Playing video
games



Connecting with
people who share
my interests



Having positive
relationships

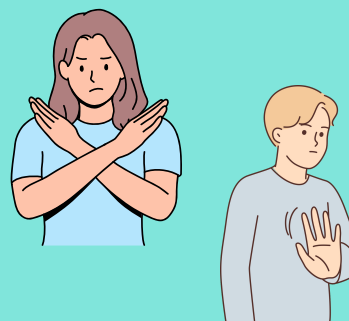




Intimate
relationships



Sexual
expression



Understanding
personal
boundaries



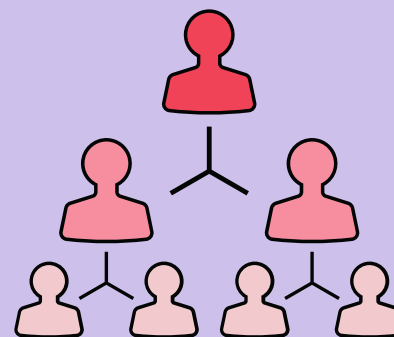
Having visitors



Visiting others



Joining in with
others



Navigating social
hierarchies



Seeking
employment





Maintaining
employment



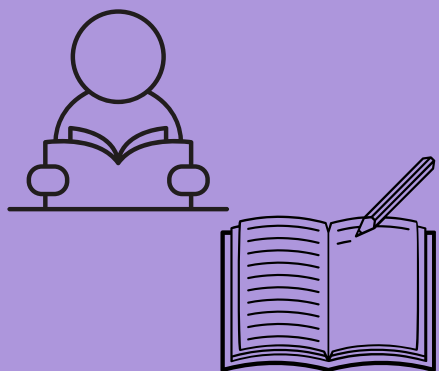
Studying,
training



Volunteering



Learning new
skills



Reading and
writing



Organising my
ideas



Using technology



Typing





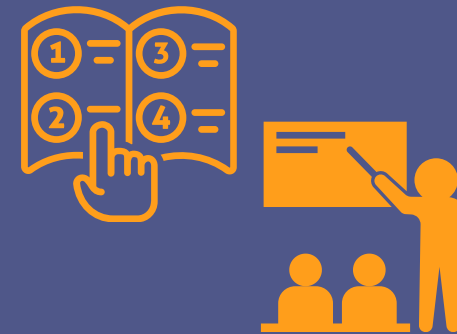
Participating in
meetings



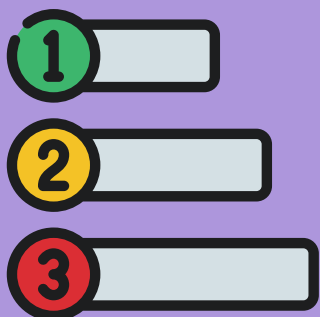
Keeping track of
my belongings



Keeping my
things tidy



Following
instructions



Prioritising
activities



Remembering
things



Persisting with
hard tasks

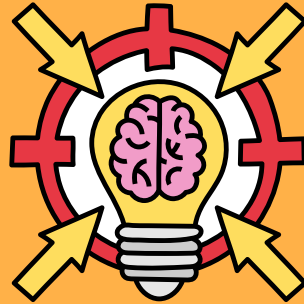


Staying organised





Managing my
time



Staying focused



Finishing tasks



Coping with
changes



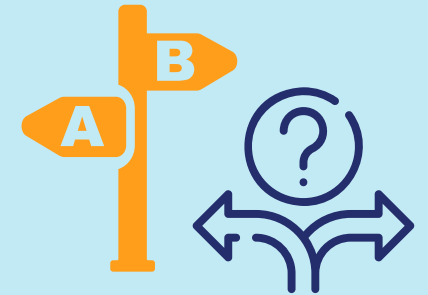
Moving between
activities



Being patient



Solving problems



Making choices
and decisions





Giving feedback



Receiving
feedback



Safety in the
community



Staying safe
online



Managing social
media



Managing my
money



Saving money for
a goal



Getting
around places
I want to go





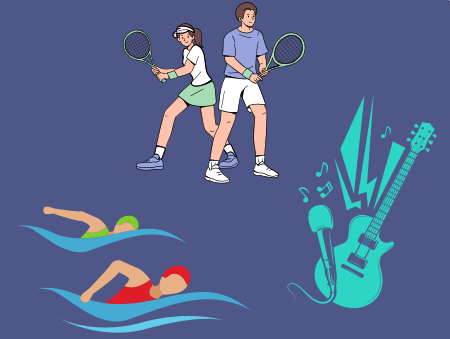
Using transport



Driving



Travel and
holidays



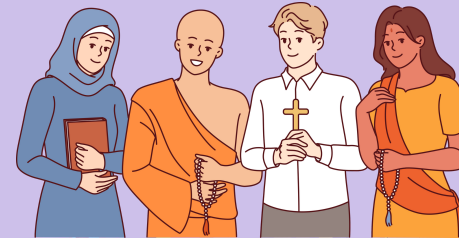
Community sports
and activities



Attending
celebrations and
events



Planning ahead
for the future



Cultural, religious
and spiritual
activities



Accessing
community supports
and services



*This is
easy for
me*



*This is a little
tricky for me*



*This is really
hard for me*



*Use these three
sorting cards to
facilitate
identifying
strengths and
challenges*

*I don't want
or need to
work on this*



*I would like to
work on this*



*Working on
this is a top
priority*



*Use these three
sorting cards to
facilitate client-
centred goal
setting*