

Goal Worksheet



Identify a challenging behavior:

Consider if there are physiological needs related to this behavior (hungry, thirsty, need to use the restroom, feel ill, feel unsafe):

Consider how this child communicates:

Draft a goal:

	Yes	No
Is the goal beneficial or meaningful to the child?	<input type="checkbox"/>	<input type="checkbox"/>
Are there alternatives to achieving this goal?	<input type="checkbox"/>	<input type="checkbox"/>
Is the goal related to a skill versus a behavior?	<input type="checkbox"/>	<input type="checkbox"/>
Can you be consistent and dedicated to this goal now?	<input type="checkbox"/>	<input type="checkbox"/>
Can the goal be broken down into smaller steps?	<input type="checkbox"/>	<input type="checkbox"/>

Modify the goal based on this information:

Potential Barriers	Potential Supports

**Additional tools that may be used to support this goal
(or during other times).**

Revised goal with removal of barriers and added supports:

Consult your TEAM and get everyone involved!