

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:

- Is the goal beneficial or meaningful to the child?
- Are there alternatives to achieving this goal?
- Is the goal related to a skill versus a behavior?
- Can you be consistent and dedicated to this goal now?
- Can the goal be broken down into smaller steps?

| Yes | No |
|--------------------------|-------------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input checked="" 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!