

TOOL 01

My Goals & What Matters to Me

PARTICIPANT TOOL • GENERAL EDUCATION

A starting point for naming what matters to you, what you already do well, and your first three practical goals.

What matters to me now

What I want to be able to do more independently

What I already do well

What has become harder or less consistent

People, places and activities that are important to me

My first three practical goals

Goal	Why it matters	First small step
1.		
2.		
3.		