

YOUTH TRANSITION TOOLKIT

A GUIDE FOR YOUNG PEOPLE WITH DISABILITIES TRANSITIONING TO ADULTHOOD

Independent Living Worksheet #2: Setting Goals

1. What would I like to be doing right after I graduate from high school?

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2. Where do I see myself in five years?

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3. List the names of people and organizations that can help you set and reach those goals. (i.e. parents, teachers, employment specialists, regional centers).

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Now that you have set some goals and identified people who can help you achieve them; it may help to create a timeline of things you need to do to get where you want to go. This can be in any format you wish- you may want to draw it, make a list, or just write it out.