

BEYOND

THE BASICS



Personal Goals Worksheet

Consider the following areas of your life and talk through each set of questions with your case manager:

Food and Basic Needs: Do you have enough food each month for your household? Are you able to obtain enough toiletries for your household?

Education: Do you have a high school diploma or GED? Do you want to further your education?

Employment: Are you currently employed? Do you earn enough money to provide for your household?

Health Care: Do you have health insurance?

Health and Nutrition: Do you eat well-balanced nutritious meals each day? Do you exercise regularly? Do you visit a doctor for preventive care? Are you currently taking care of any physical health conditions you might have?

Emotional Health/Substance Abuse: Do you feel emotionally-well on a daily basis? Are you receiving appropriate support for struggles with addiction or mental illness? Do you have people that can support you when you need it?

Housing: Do you have adequate, safe, and affordable housing?

Childcare: Do you have high-quality and affordable childcare for your children?

Parenting: Do you feel confident and supported as a parent?

Transportation: Do you have reliable and accessible transportation when you need it?

Daily Living Skills: Do you know how to take care of yourself and your household on a daily basis (i.e. make appointments with service providers, keep up with housework, budget money each month)?

Identify 3 areas where you would like to make some changes in your life:

1.

2.

3.

Identify a SMART goal for each area listed:
specific, measureable, achievable, realistic, and timely

1.

2.

3.

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Pros and Cons Worksheet

It is important to consider all “sides” before making a change. For each of the goals you have discussed with your case manager, consider the benefits/pros and the costs/cons of making each change in your life. Also consider the benefits/pros and the costs/cons of not making the change.

Thinking through the pros and cons of both changing and not making a change is one way to help us make sure we have fully considered a possible change. This can help us to “hang on” to our plan in times of stress or temptation.

Potential Change/Goal: _____

	Benefits/Pros	Costs/Cons
Making a Change	<ol style="list-style-type: none">1.2.3.4.	<ol style="list-style-type: none">1.2.3.4.
Not Changing	<ol style="list-style-type: none">1.2.3.4.	<ol style="list-style-type: none">1.2.3.4.

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Readiness for Change Worksheet

Write each of the goals you discussed last session on the lines below and consider the following questions.

Goal #1: _____

- How confident are you about making this change? _____
- How committed are you to making this change? _____
- How ready are you to change? _____

Goal #2: _____

- How confident are you about making this change? _____
- How committed are you to making this change? _____
- How ready are you to change? _____

Goal 3: _____

- How confident are you about making this change? _____
- How committed are you to making this change? _____
- How ready are you to change? _____

Readiness Ruler

.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10

Not at all

Somewhat

Very Much

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Action Plan Worksheet

Please complete this form for each goal you have decided you would like to work on with your case manager. Make sure your goal is SMART (specific, measurable, achievable, realistic, and timely.)

Goal: _____

1. List the steps you need to take to achieve this goal. Consider everything you will need to do to move from where you are now, to where you will be when the goal is achieved.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____
- g. _____
- h. _____

2. What barriers might you encounter as you work towards this goal?

3. What will help you to overcome those barriers?

4. Are there other programs or supports you will need to help you accomplish this goal?

Program Referral Form

Program Name: _____

Type of Program: _____

How the program helps people: _____

Contact Name: _____

Phone Number: _____

Describe the next steps that need to be taken to access the service:

1. _____

2. _____

3. _____



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