

Self-Advocacy Leadership in Action - Sample SMART Goals

Sample Goals for the program could be:

- To feel more confident
- To learn how to speak up for myself
- To help others speak up
- To be treated with more respect
- To learn how to use public transportation
- To start a new job
- To live in a new place
- To make more friends
- To have more activities
- To start a romantic relationship with someone I care about
- Other: _____

Some ways to achieve this goal could be:

- Practicing with a friend
- Learning a new skill by _____
- Asking for help from _____
- Making a change to my service plan _____
- Getting more information by _____
- Other: _____

People that can help me achieve my goals are: _____