

Goals Worksheet

The Student-Led Interprofessional Clinic is a goals-based rehabilitation program. We aim to help you be able to perform tasks during your day that are meaningful to you.

During your first appointment your student therapists will discuss your treatment goals. You may use this worksheet to help you identify your rehabilitation goals.

1. I want to... _____

2. I want to... _____

3. I want to... _____

4. I want to... _____

Examples:

I want to... improve my balance so that I can plant my own garden.

I want to... get in and out of bed by myself.

I want to... walk from home to the pharmacy by myself.

I want to... be able to play card games with my son.

Tips:

Try to think of tasks or activities that you would like to improve at.

These could involve hobbies, daily routines, or anything in your life that is difficult for you.

It may be something you used to be able to do or something you can still do but have trouble with.

There is no required number of goals that you must come up with but try to think of at least one.